

JASPER FREERIDE FREESTYLE SKI TEAM 2011-2012 PROGRAM

Senior Development (age 12-18)

High End/Competition Training

2 day commitment

Focus on Moguls, Big Air, Park

Expect:

- ~40 days (20 weekends) on-snow training days
- 3 3-day ski camps (Christmas, New Year, and spring)
- 2 pre-season dry-land training sessions
- 4 partially subsidized water ramp sessions includes trampoline held in Red Deer and Grande Prairie
- Possible Competitions: Jr. Nationals, AB Champs, Provincial 1 and 2, AB Winter Games (every even year, i.e. 2012, ages 13-15), Can. Open, NorAM Series. Coach's discretion - Club Competitions
- Cost of above - \$1,100.00
- Athletes are expected to cover their own costs related to competitions registration and travel

Junior Development/Freestylers (age 8-12)

High End/Competition Training for Juniors

2 day commitment

Focus on Technique and stamina, Moguls, Big Air, Park

Expect:

- ~40 days (20 weekends) on-snow training days @ 4.5 hrs./day
- 3 3-day ski camps (Christmas, New Year, and spring)
- 2 pre-season dry-land training sessions
- 4 partially-subsidized water ramp sessions includes trampoline held in Red Deer and Grande Prairie.
- Possible Competitions: Club Competitions, Other competitions subject to coach's discretion
- Cost of above - \$1,100.00
- Athletes are expected to cover their own costs related to competitions registration and travel.

Big Mountain Development 1 (age 12-18)

All Mountain Training

1 day program

Focus on improving freestyle skills for life

Expect:

- ~20 days (20 weekends) on-snow training days
- 2 pre-season training sessions
- Possible Competitions – talk to your coach
- Cost of above - \$450.00

Big Mountain/Freeride Development 2 (age 12-18)

Extreme Freestyle Training - Must have advanced skiing skills

1 day program

Focus on Moguls, Park, Big Air, Powder, Cliffs, Hiking

Expect:

- ~20 days (20 weekends) on-snow training days
- Possible SS/HP opportunities at COP with Southern
- Possible Competitions – talk to your coach
- Cost of above - \$450.00

Jumps and Bumps 2 day (age 6-12)

Entry Level Freestyle Training – must have parallel skiing skills

2 day program

Focus on all FUNdamental Freestyle/Skiing Skills

Expect:

- ~40 days (20 weekends) on-snow training days
- Possible Competitions: Club Competitions
- Cost of above - \$900.00

Jumps and Bumps 1 day (age 6-12)

Entry Level Freestyle Training – must have parallel skiing skills

1 day commitment

Focus on all FUNdamental Freestyle/Skiing Skills

Full time parental supervision (on/off snow) is required for grommets aged 5 - 6
required

Expect:

- ~20 days (20 weekends) on-snow training days
- Possible Competitions: Club Competitions
- Cost of above - \$450.00