

## NORWESTERS ALPINE CLUB 2017-2018 PROGRAM GUIDE

AGE GROUP	U6	U8	U10	U12	U14	U16	U12-U16 TRAINING GROUP
Birth Years	2012	2011, 2010	2009, 2008	2007, 2006	2005, 2004	2003, 2002	2002 - 2007
<b>LTAD STAGE</b>	GLIDING START	GLIDING START SKIER ESSENTIALS	GLIDING START SKIER ESSENTIALS	SKIER ESSENTIALS LEARN TO TRAIN	LEARN TO TRAIN LEARN TO RACE	LEARN TO RACE TRAIN TO RACE	LEARN TO TRAIN LEARN TO RACE
<b>DRY LAND TRAINING</b>			Included	Included	Included	Included	Included
Dry Land sessions will run Thursdays and Sundays throughout the fall until we are on snow							
<b>REGULAR TRAINING SESSIONS</b>	Saturdays OR Sundays 1:00pm - 3:00pm <b>1 Session / Week</b>	Saturdays OR Sundays 10:00am - 3:00pm <b>2 Sessions / Week</b>	Thursdays OR Fridays 4:30pm - 6:30pm AND Saturdays OR Sundays 10:00am - 3:00pm <b>3 Sessions / Week</b>	Thursdays OR Fridays 4:30pm - 6:30pm AND Saturdays OR Sundays 10:00am - 3:00pm <b>3 Sessions / Week</b>	Thursdays OR Fridays 4:30pm - 6:30pm AND Saturdays OR Sundays 10:00am - 3:00pm <b>3 Sessions / Week</b>	Thursdays OR Fridays 4:30pm - 6:30pm AND Saturdays OR Sundays 10:00am - 3:00pm <b>3 Sessions / Week</b>	Wednesdays 4:30pm - 6:30pm @ Mt. Baldy AND Thursdays AND Fridays 4:30pm - 6:30pm AND Saturdays AND Sundays 10:00am - 3:00pm <b>5-6 Sessions / Week</b>
<b>TOTAL SCHEDULED SESSIONS</b>	<b>8</b>	<b>24</b>	<b>33</b>	<b>33</b>	<b>33</b>	<b>33</b>	<b>65-75</b>
		*weekend training days count as 2 sessions (morning and afternoon)		**Additional evening & weekend sessions may be added to U10 / U12 / U14 / U16 programming - please contact for details			

<b>RACES INCLUDED IN COACHING FEES</b>	CLUB TIME TRIALS CLUB CHAMPIONSHIPS LSDA FUN DAY LSDA FAMILY CHALLENGE	CLUB TIME TRIALS CLUB CHAMPIONSHIPS LSDA FUN DAY LSDA FAMILY CHALLENGE	CLUB TIME TRIALS CLUB CHAMPIONSHIPS LSDA FUN DAY LSDA FAMILY CHALLENGE MUSKOKA RODEO	CLUB TIME TRIALS CLUB CHAMPIONSHIPS LSDA FUN DAY LSDA FAMILY CHALLENGE MUSKOKA RODEO	CLUB TIME TRIALS CLUB CHAMPIONSHIPS LSDA FUN DAY LSDA FAMILY CHALLENGE LSDA OCUP	CLUB TIME TRIALS CLUB CHAMPIONSHIPS LSDA FUN DAY LSDA FAMILY CHALLENGE LSDA OCUP	CLUB TIME TRIALS CLUB CHAMPIONSHIPS LSDA FUN DAY LSDA FAMILY CHALLENGE LSDA OCUP MEALEY INVITATIONAL PROVINCIAL CHAMPS
**Race entry fees and travel costs are not included in coaching fees							

<b>OPTIONAL RACE OPPORTUNITIES</b>			NJRS RACES - TBD USSA AGE CLASS RACES PRO RACE	NJRS RACES - TBD USSA AGE CLASS RACES PRO RACE	NJRS RACES - TBD USSA AGE CLASS RACES PRO RACE	NJRS RACES - TBD USSA AGE CLASS RACES PRO RACE	NJRS RACES - TBD USSA AGE CLASS RACES PRO RACE

<b>TRAINING CAMP OPPORTUNITIES</b>		CHRISTMAS CAMP MID-WINTER TECH CAMP	FALL CAMP CHRISTMAS CAMP MID-WINTER TECH CAMP	FALL CAMP CHRISTMAS CAMP MID-WINTER TECH CAMP	FALL CAMP CHRISTMAS CAMP MID-WINTER TECH CAMP	FALL CAMP CHRISTMAS CAMP MID-WINTER TECH CAMP	FALL CAMP CHRISTMAS CAMP MID-WINTER TECH CAMP SPEED CAMP

<b>PLEASE VISIT <a href="http://www.nacracing.ca">www.nacracing.ca</a> TO COMPLETE THIS PORTION OF THE REGISTRATION PROCESS</b>														
<b>NAC BASE PROGRAM FEE</b>	\$	215.00	\$	415.00	\$	565.00	\$	565.00	\$	565.00	\$	565.00	\$	1,715.00
<b>LSDA MEMBERSHIP FEE</b>	\$	35.00	\$	35.00	\$	35.00	\$	35.00	\$	35.00	\$	35.00	\$	35.00
<b>TOTAL NAC FEE 2017/2018</b>	\$	250.00	\$	450.00	\$	600.00	\$	600.00	\$	600.00	\$	600.00	\$	1,750.00

\*Late registration fee of \$50/athlete will apply after November 15, 2017  
\*\*Installment plan available  
\*\*\*Program fees do not include lift tickets - please contact Loch Lomond Ski Area for lift pass and membership information ([www.lochlomond.ca](http://www.lochlomond.ca))

<b>PLEASE VISIT <a href="http://www.alpineontario.ca">www.alpineontario.ca</a> TO COMPLETE THIS PORTION OF THE REGISTRATION PROCESS</b>														
<b>2017/18 ACA / AOA Fees</b>														
NSO Fee	\$	55.00	\$	55.00	\$	55.00	\$	80.00	\$	95.00	\$	95.00	\$	95.00
PSO Fee	\$	35.00	\$	35.00	\$	35.00	\$	67.50	\$	67.50	\$	67.50	\$	67.50
<b>Total payable to AOA</b>	\$	90.00	\$	90.00	\$	90.00	\$	147.50	\$	162.50	\$	162.50	\$	162.50

<b>PROGRAM ENTRY GUIDELINES</b>	
<b>U6 PROGRAM</b>	This program is designed for little racers that may not be able to ride the lift on their own yet, but are interested in racing and are already strong independent skiers. Parents will be expected to accompany and ride the lift with their athletes during these sessions. This program is designed as a pre-entry point to our core racing program and is only for advanced and independent little rippers, it is not replacement for proper instructions and lessons offer thru the ski school.
<b>U8 PROGRAM</b>	All athletes entering the program are expected to be independent skiers. Athletes should be well on their way to progressing from a snow-plow stance to skiing with parallel skis (Snow Stars Level 2/3). In terms of terrain they should be able to ski runs such as the Sunbowl, Snoopy, and Chicken with confidence. They should also be able to make it down terrain such as the Cliff or Birch without assistance. They must also be able to load / unload the chair lift without assistance. If you are unsure that your child meets these requirements, please contact us to discuss your options.
<b>U10/U12/U14/U16 PROGRAM</b>	This is our core club programming and involves training one evening (Thursday or Friday) and one weekend day (Saturday or Sunday). The focus of this program is on developing fundamental racing skills using freeskiing and technical drills. Athletes will also be introduced to Slalom skills and training and will regularly be exposed to gate training environments.
<b>TRAINING GROUP</b>	Our training group program is designed for athletes that are looking to train on a regular basis and follow a high performance program. This program includes enhanced coaching and additional training and is designed for athletes that will be travelling to additional races and/or participating in Provincial Championships. Athletes will be guided by an Individual Athlete Plan developed with their coach at the start of the season.