



SMITHERS SKI AND SNOWBOARD CLUB

# PROGRAM INFORMATION

## ABOUT US:

As a professionally directed athletic program, the Smithers Ski & Snowboard Club strives to promote the sports of skiing and snowboarding by enabling all of its members the opportunity to reach their full potential. The club prides itself on providing quality programming that not only promotes competition but teaches and exposes participants to skiing and riding all types of terrain. We ensure a fun and positive atmosphere that we develop athletic ability and adaptability to all terrains. Whether its free skiing, free riding, racing or running through our Snow Cross track, members are guaranteed to have a smile on their faces. The club is a non-profit society incorporated under the Societies Act of the Province of British Columbia.

## SKILL REQUIREMENTS:

To be eligible for our U8- 10 skier and snowboard programs, athletes must be able to ride the T-bar on their own, or together with another child, stand up on their equipment, control their speed on a green slope and be able to stop on command.

(We recommend that you contact the HBM snow school if your child requires help with getting to this level of skiing & riding.)

## SSSC PROGRAMS OVERVIEW:

### **U8/U10 (Nancy Greene) Ski (Saturday/Sunday Option)**

The U8 and U10 ski programs utilize the Snow Stars development guide under Alpine Canada with certified coaches. The program is open to 5 to 9 year olds and runs one day/week 10AM-1PM with short warm up/snack breaks from early January to late March. This year we will offer parents the choice of either Saturday or Sunday! Also there will be the option to register for both days. Please make your choice carefully as arranging coaches will take detailed planning.

**U8 Ski (1 day) - \$312.50**

**U8 Ski (2 day) - \$417.40**

**U10 Ski (1day) - \$368.50**

**U10 Ski (2 day) - \$473.50**

### **U10 and U12 Snowboard Program (Sundays Only) - \$269.00 +additional \$30.00 for SB insurance**

The U10 and U12 snowboard programs utilize the Little Riders program under Canada Snowboard, also with certified coaches. This 1/2 day program is open to 7,8,9 year olds as well as select 10,11 year olds that are still developing the basics or new to the sport. Program will run on Sundays 10AM-1PM from early January to late March.

(Due to lower numbers, we are not able to offer Saturday/Sunday choice.)

## **\*\*\*\*NEW PROGRAM\*\*\*\***

### **U10 Ski and Snowboard Program - \$473.50 +additional \$30.00 for SB insurance**

We are trying a new program this season, 2 days of training one for skiing and one for boarding. Have your U10 Ski form 10:00am to 1:00pm on Saturdays and Snowboard 10:00 to 1:00 on Sundays. Please check out the U10 ski and U10 snowboard program descriptions for full details.



## **U12 1-day ski (Saturday only) - \$453.50**

For skiers who do not want to train twice a week quite yet, the U12 1-day program offers an alternative for 10 & 11 year olds coming from U10, or new to the sport, to keep active in the SSSC. Our coaches continue to focus on the Snow Stars skill development guide and these older athletes are provided with full day programming, from 10 AM to 3:30 PM on Saturdays, running early January to late-March. Skiers may participate in local events and races. Any races out of town would be at the coach's discretion.

## **U12 2-day ski - \$558.50**

The U12 2-day ski program is for more committed athletes, using Snow Stars as the Development model for progression, with the key focus to consolidate and refine basic skiing skills and to learn to train/race. We also introduce general fitness both on-snow and off-snow (dryland training); ski race specific training will include dual formats (side by side training/racing) in both slalom and giant slalom. Free skiing in all conditions and on all types of terrain will play a major role in the overall program. This is a high energy group with significant athletic development. The program runs full days (9 AM-3:30 PM) from opening weekend (December 5/6) to closing in early April, with multi-day camps at Christmas and spring break. Thursday afternoon training is optional but was a huge success last year and will be offered again. Athletes are encouraged to attend the Ski the North Festival, one out of town Teck race (Prince George or Quesnel), and the North Zone Finals in Smithers in April. Fall and Spring ski camps may be available as part of programming.

## **U14 Snowboard (Sundays Only) - \$407.00**

Riders will take the fundamental skills taught in the U-10 program and move to the Learn To Train stage of the Long Term Athlete Development model. This one day program will be on Sundays from 10AM to 3:30 PM from mid-December to early April. We will introduce riders to all snowboard disciplines. The U-13 program uses Canada Snowboard's Blue Curriculum of their Riders Program to develop athletes. We will go into some slope-style training, although at the U-13 stage it isn't the main focus for the season. Disciplines that will be incorporated will be PGS (gates), Snowboard cross (SBX), free ride and slope style.

## **U14 and U16 Ski - \$717.50**

The U14 and U16 ski programs continue to develop athletes along Alpine Canada's LTAD (Long Term Athlete Development) model and consolidate skills learned from youth. Program runs Saturday/Sundays and Thursday afternoons, with camps at Christmas and spring breaks, and coaches often offer flexibility for additional training. Athletes attend Teck Zone races in Quesnel, Prince George, and Smithers, as well as select provincial meets such as Whistler Cup, BC winter Games, and/or U14 and U16 provincials. These experiences build lifelong memories and help set athletes up for success in whatever goals they pursue later on.

## **Special Olympics - \$153.50**

Special Olympics (S/O) is a sport organization for children and adults with intellectual disabilities. We are the only alpine ski team north of Quesnel. We are always looking for new members to join our team. Skiers can be any level! We train most Saturday mornings from mid-December starting at 10:00 am and we may train more often as needed. Every winter we participate in a large regional S/O race. Also, we are invited to race in the SSSC races that always happen here at Hudson Bay Mountain. Come and join us to train in the mountains with new friends!