

**NORWESTERS ALPINE CLUB
2018-2019 PROGRAM GUIDE**

	LITTLE RIPPERS		CORE PROGRAM				TEAM NAC
AGE GROUP	U6 / U8	U8	U10	U12	U14	U16	U12-U16
Birth Years	2013, 2012, 2011	2012, 2011	2010,2009	2008, 2007	2006,2005	2004,2003	2003 - 2007
LTAD STAGE	GLIDING START	GLIDING START SKIER ESSENTIALS	GLIDING START SKIER ESSENTIALS	SKIER ESSENTIALS LEARN TO TRAIN	LEARN TO TRAIN TRAIN TO TRAIN	LEARN TO TRAIN TRAIN TO TRAIN	TRAIN TO TRAIN TRAIN TO RACE
DRY LAND TRAINING		Included	Included	Included	Included	Included	Included
Dry Land sessions will run Thursdays and Sundays throughout the fall until we are on snow							
REGULAR TRAINING SESSIONS	Saturdays OR Sundays 1:00pm - 3:00pm 1 Session / Week	Saturdays OR Sundays 10:00am - 3:00pm 2 Sessions / Week	Thursdays OR Fridays 4:30pm - 6:30pm AND Saturdays OR Sundays 10:00am - 3:00pm 3 Sessions / Week	Thursdays OR Fridays 4:30pm - 6:30pm AND Saturdays OR Sundays 10:00am - 3:00pm 3 Sessions / Week	Thursdays OR Fridays 4:30pm - 6:30pm AND Saturdays OR Sundays 10:00am - 3:00pm 3 Sessions / Week	Thursdays OR Fridays 4:30pm - 6:30pm AND Saturdays OR Sundays 10:00am - 3:00pm 3 Sessions / Week	Wednesdays 4:30pm - 6:30pm @ Mt. Baldy AND Thursdays AND Fridays 4:30pm - 6:30pm AND Saturdays AND Sundays 10:00am - 3:00pm 5-7 Sessions / Week
TOTAL SCHEDULED SESSIONS	8	28	42	42	42	42	65-75
*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							

RACES INCLUDED IN COACHING FEES	NAC INVITATIONAL CLUB CHAMPIONSHIPS LSDA FUN DAY	NAC INVITATIONAL CLUB CHAMPIONSHIPS LSDA FUN DAY	NAC INVITATIONAL CLUB CHAMPIONSHIPS LSDA FUN DAY MUSKOKA RODEO	NAC INVITATIONAL CLUB CHAMPIONSHIPS LSDA FUN DAY MUSKOKA RODEO	NAC INVITATIONAL CLUB CHAMPIONSHIPS LSDA FUN DAY LSDA OCUP	NAC INVITATIONAL CLUB CHAMPIONSHIPS LSDA FUN DAY LSDA OCUP	NAC INVITATIONAL CLUB CHAMPIONSHIPS LSDA FUN DAY LSDA OCUP MEALEY INVITATIONAL PROVINCIAL CHAMPS
*Race entry fees for home races including the NAC Invitational, LSDA Fun Day and NAC Club Championships are now included in base program fees.							
**Race entry fees for away races (including those hosted by PASC) as well as travel costs are not included in base program fees.							

OPTIONAL RACE OPPORTUNITIES			NJRS RACES USSA AGE CLASS RACES PRO RACE	NJRS RACES USSA AGE CLASS RACES PRO RACE	NJRS RACES USSA AGE CLASS RACES PRO RACE	NJRS RACES USSA AGE CLASS RACES PRO RACE	NJRS RACES USSA AGE CLASS RACES PRO RACE

TRAINING CAMP OPPORTUNITIES		CHRISTMAS CAMP JAN 25/19 - GS MINI CAMP JAN 31/19 - GS MINI CAMP FEB 1/19 - GS MINI CAMP MARCH BREAK CAMP	SUN PEAKS CAMP CHRISTMAS CAMP JAN 25/19 - GS MINI CAMP JAN 31/19 - GS MINI CAMP FEB 1/19 - GS MINI CAMP MARCH BREAK CAMP	SUN PEAKS CAMP CHRISTMAS CAMP JAN 25/19 - GS MINI CAMP JAN 31/19 - GS MINI CAMP FEB 1/19 - GS MINI CAMP MARCH BREAK CAMP	SUN PEAKS CAMP CHRISTMAS CAMP JAN 25/19 - GS MINI CAMP JAN 31/19 - GS MINI CAMP FEB 1/19 - GS MINI CAMP MARCH BREAK CAMP	SUN PEAKS CAMP CHRISTMAS CAMP JAN 25/19 - GS MINI CAMP JAN 31/19 - GS MINI CAMP FEB 1/19 - GS MINI CAMP MARCH BREAK CAMP	SUN PEAKS CAMP CHRISTMAS CAMP JAN 25/19 - GS MINI CAMP JAN 31/19 - GS MINI CAMP FEB 1/19 - GS MINI CAMP MARCH BREAK CAMP
**PD Day, Christmas & March Break camps are \$50.00/Day in addition to base program fees							

PLEASE VISIT www.nacraciing.ca TO COMPLETE THIS PORTION OF THE REGISTRATION PROCESS														
NAC BASE PROGRAM FEE	\$	250.00	\$	450.00	\$	650.00	\$	650.00	\$	650.00	\$	650.00	\$	1,800.00
OPTIONS														
Add 2nd Weekend Day		n/a		n/a	\$	300.00	\$	300.00	\$	300.00	\$	300.00	\$	300.00
Add 2nd Twilight Session		n/a		n/a	\$	150.00	\$	150.00	\$	150.00	\$	150.00	\$	150.00

*Late registration fee of \$50/athlete will apply after November 15, 2017
 **Installment plan available - 50% Down on registration, 50% Due January 1, 2019
 ***Program fees do not include lift tickets - please contact Loch Lomond Ski Area for lift pass and membership information (www.lochlomond.ca)

PLEASE VISIT www.alpineontario.ca TO COMPLETE THIS PORTION OF THE REGISTRATION PROCESS														
2017/18 ACA / AOA Fees														
NSO Fee (Alpine Canada)	\$	55.00	\$	55.00	\$	55.00	\$	80.00	\$	95.00	\$	95.00	\$	95.00
PSO Fee (Alpine Ontario)	\$	35.00	\$	35.00	\$	35.00	\$	67.50	\$	67.50	\$	67.50	\$	67.50
LSDA Membership Fee	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD
Total payable to AOA	\$	90.00	\$	90.00	\$	90.00	\$	147.50	\$	162.50	\$	162.50	\$	162.50

PROGRAM ENTRY GUIDELINES	
All athletes entering the program must be able to ride the chairlift without assistance. All athletes must also be independent skiers, well on their way to progressing to a parallel turn. The racing program is not a substitute for Learn to Ski programming offered by the Loch Lomond Ski School.	
LITTLE RIPPERS U6 / U8 PROGRAM	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 the group 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 a replacement for proper instruction and lessons offered thru the ski school. This program runs on Sunday afternoons only for 8 weeks starting in January.
U8 PROGRAM	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. This program runs on Saturdays OR Sundays throughout the season for 14 weeks starting in December.
U10/U12/U14/U16 PROGRAM	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 include gate training environments. This program runs for 14 weeks starting in December.
TEAM NAC	Our Team NAC program is designed for athletes that are looking to train on a regular basis with the eventual goal of moving up to the LSDA Training Group. This program includes enhanced coaching and additional training and is designed for athletes that will be travelling to additional races outside the club 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.