

Jasper Freeride 2016-2017 Season

Freestylerz (9 to 14 years old)

Program Description:

At this level, the 2 day program is recommended, although a one day a week is an option. Freestylerz is a CFSA (Canadian Freestyle Ski Association) program designed to support the progression of 9-14 year old athletes into a more advanced program. This program consolidates all the basics of freestyle skiing and skiing in general. The coaches in this program have a higher degree of freestyle training and CSIA (Canadian Ski Instructors Alliance) level of certification such as CSIA level 2 and 3. This program will challenge the athlete to carve their skis with advanced techniques and to ride all the terrain at Marmot Basin with confidence and style. The athletes will bring the new carving technique into moguls and will work on park specific tricks such as riding boxes, rails, spinning and jumps with grabs.

<http://freestyleski.com/wp-content/uploads/2011/09/2012-CFSA-Freestylerz-Goalbook-English.pdf>

Schedule:

16 sessions starting December 10/11 to April 1/2 (**excluding Dec 24/25, Dec 31/Jan 1**)

1-day a week (Sat. or Sun.) - **please indicate day preference** or a 2-day/week (Sat. and Sun.) option

Schedule: 9:30 AM to 3:00 PM. Due to Christmas and New Year's falling on a weekend this year, a makeup training session will be held on Jan 2/3. A Holiday Camp is included on Dec 27/28/29.

Please consult the Jasper Freeride Calendar at Jasperfreeride.com for the complete schedule.

Requirements:

Skills: Parallel skiing on most terrain

Equipment: Twin Tip Skis/Flexible Boots/Poles/Helmet/Mouth Guard

CFSA membership: Can Free 1/2 (<http://freestyleski.com>, go to membership services)

Goals of the Freestylerz program:

The athlete will further develop: mogul skills (carve their skis, control speed and safely hit the jumps), learn more advanced air skills (i.e., switch take off, speed control, grabs, 360 spins), and continue work in the terrain park (route selection, approach and exit). An introduction to Big Mountain riding is also provided. When an athlete graduates from this program, s/he will be encouraged to join the Development Team program for more advanced and older athletes. The Freestylerz Program provides opportunities to compete in moguls, slopestyle, park and big mountain competitions.

Optional Extended Programs (not included in registration):

Opportunities to participate in 'summer' activities include Water Ramps (Grande Prairie and Red Deer), Gymnastic and Trampoline (Jasper and Edmonton), Dry-Land training (Jasper and self-directed).

Registration Fees: One day per week program: \$720, Two day per week program: \$1340

***Please consult the "Family Volunteer Requirements" under the Programs tab at Jasperfreeride.com

To Register Call: Lyndon Decore – 780-297-5452 (Edmonton) or Nic Bazin – 780-931-2404 (Jasper)