

# Jasper Freeride 2019-2020 Season

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## Fundamentalz (6 to 9 years old)

### Program Description:

The Jumps and Bumps program has a 1 day or 2 days a week option. Jumps and Bumps is a CFSA (Canadian Freestyle Ski Association) program and follows the CFSA J&B passport curriculum. The Jumps and Bumps program is for a young experienced skier who would like to develop his/her freestyle skills in all disciplines. <https://www.freestylecanada.ski/en/programs/canfree/fundamentalz/>

### Schedule:

12 sessions starting December 8/8 to March 14/15 (**excluding Dec 21/22, Dec 28/29, Feb 15/16**)

Two-days a week (Sat. and Sun.).

One-day a week (Sat. or Sun.) - please indicate day preference.

Schedule: 9:30 AM to 3:00 PM.

Please consult the Jasper Freeride Calendar at [jasperfreeride.com](http://jasperfreeride.com) for the complete schedule.

### Requirements:

Age minimum: 6 years old as of July 01, 2019

An advanced 5 yr old skier may be accepted subject to a ski evaluation

Skills: Able to execute wedge turns advancing to parallel ski on most terrain

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

Canada Freestyle membership:

Club Athlete license (<http://freestyleskialberta.goalline.ca/event-search.php?cat=46>)

Marmot Basin ski pass/ticket: can be purchased online [www.skimarmot.com](http://www.skimarmot.com) or at the ticket window

### Goals of the Jumps and Bumps program:

The goal of the Jumps and Bumps program is for the young athlete to learn all the basic freestyle skiing skills. The athlete will learn jumping skills and simple tricks like grabs, twisters, spreads, 180s, 360s, etc. They will work in the terrain park to learn terrain park etiquette, how to navigate and make route selection in the park according to personal abilities, and how to approach a box and a rail. In the moguls, the athletes will learn how to pick a good line, how to effectively absorb the bumps and how to control their speed. When an athlete graduates from this program, they will be ready to enrol in the Freestylerz program, the next stage in the freestyle progression for more advanced/older athletes (9-12). Building strength and stamina by being active in other sports is encouraged; activities such as gymnastics and trampoline compliment the athletics required in freestyle skiing.

### Registration Fees:

One day per week program: \$565. Two days per week program: \$1030

### To Register Call:

Jody Gardiner - 780-202-5912 [jasperfreeridereg@gmail.com](mailto:jasperfreeridereg@gmail.com)