



## FREESTYLE SKI TEAM, MARMOT BASIN, ALBERTA

REGISTRATION RATES – 2021 / 2022

Registration Category	Program Type	Approx. # of Days	Registration Rate	Additional Notes	Coach to Athlete Ratio
Development Team	weekend 2 day	40	\$ 1,695.00	1 & 2 & 3	1 to 8
Development Team	weekend 1 day	20	\$ 1,075.00	1 & 2 & 3	1 to 8
Freestylarz	weekend 2 day	30	\$ 1,415.00	1	1 to 5
Freestylarz	weekend 1 day	15	\$ 895.00	1	1 to 5
Freestylarz	weekend 1 day - no comps.	15	\$ 845.00	1	1 to 5
Fundamentalz	weekend 2 day	24	\$ 1,105.00	N/A	1 to 3
Fundamentalz	weekend 1 day	12	\$ 615.00	N/A	1 to 3
Additional Rates	Day Rate Training - Drop in Athlete	N/A	\$ 150.00	N/A	N/A
Additional Rates	Day Rate Training - try JFST for the day (1 day only) (insurance fee, if required is extra)	N/A	\$ 25.00	N/A	N/A
Additional Rates	1/2 time (only applicable to Fundamentalz and limited to 6 athletes per year)	N/A	\$ 450.00	N/A	N/A
Additional Rates	3+ athlete family - 3rd and beyond athletes - 50% off the lower cost athletes	N/A	lower cost athletes (-50%)	N/A	N/A

Additional Notes	
1	Christmas Camp (3 days) are included in the registration and Approx. # of Days
2	Training days that occur outside of the scheduled Saturday and Sunday will be applied to the Approx. # of Days. If the accumulated # of days goes beyond the Approx. # of Days there will be additional charges.
3	Training days that occur outside of the scheduled Saturday and Sunday will have additional coaching costs associated with wage, travel, accomodations, lift tickets that will be additional charges and determined prior to training or camp.

Program Category	Program Description	Program Requirements	Program Schedule
DEVELOPMENT (12 YEARS OLD AND UP)	Athletes are encouraged to participate in the 2 day (Saturday and Sunday) every weekend program. Tailored to each athlete according to his/her objectives allowing advanced exposure in moguls, slopestyle (terrain park), and big mountain, the high standard of technical execution training program will progress athletes to meet their goals towards provincial level competition. The coaches at this level have significant freestyle coaching experience in developing high caliber athletes and are certified under Freestyle Canada's coaching program (CFSA). The athletes will participate in creating their own goals in all 4 freestyle disciplines (Moguls, Big Air, Slopestyle, and Big Mountain). Competitive athletes are encouraged to participate in dryland training programs outside of on-snow training to further develop their skills. Dryland activities include water ramp/airbag training, trampoline training (supervised), and strength training.	<b>Skills:</b> Strong all round skiers with desire to achieve high performance in freestyle skiing.	(9:30 AM - 3:00 PM) An estimated 20 weekends running November 17/18 to April 6/7 (excluding Dec 22/23)* note: this will be finalized and will be based on snow conditions and the Freestyle Alberta competition schedule. Full time two-day programs are recommended. At the beginning of the season athletes that participate in the part time program will be required to commit to either 10 weekends of Saturday and Sunday training or either a Saturday or Sunday over 20 weekends. There will be no flexibility to combine options or modify during the season. Holiday Camp dates are TBD. Schedule information will be posted on the Jasper Freeride Calendar located on this website.
		<b>Equipment:</b> Twin Tip Skis/Flexible Boots/Poles/Helmet/Mouth Guard/Mogul Skis recommended	
		<u>CFSA membership: Can Free 1/2 or 3</u> ( <a href="http://www.freestylecanada.ski/en/membership/">http://www.freestylecanada.ski/en/membership/</a> )	
Program Category	Program Description	Program Requirements	Program Schedule
FREESTYLERZ (9 TO 14 YEARS OLD)	At this level, the 2 day program is recommended, although a one day a week is an option. Freestylarz 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 with confidence and style. The athlete will be introduced into moguls and will work on park specific tricks such as riding boxes, rails, spinning and jumps with grabs. <a href="http://freestyleski.com/wp-content/uploads/2011/09/2012-CFSA-Freestylarz-Goalbook-English.pdf">http://freestyleski.com/wp-content/uploads/2011/09/2012-CFSA-Freestylarz-Goalbook-English.pdf</a> <b>Goals of the Freestylarz program:</b> 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 Freestylarz Program provides opportunities to compete in moguls, slopestyle, park and big mountain competitions. Building strength and stamina by being active in other sports is encouraged; activities such as gymnastics and trampoline complement the athletics required in freestyle skiing. Athletes may participate in water ramp/airbag training depending on skill level.	<b>Skills:</b> Parallel skiing on most terrain	15 sessions starting December 8/9 to April 6/7 (excluding Dec 22/23, Dec 29/30, Mar 30/31)* tentative until finalization of competition dates to be released by Freestyle AlbertaTwo-day/week (Sat. and Sun.).One-day a week (Sat. or Sun.) – please indicate day preference. Athletes have an option for 'compete' or 'nocompete'Schedule: 9:30 AM to 3:00 PM. Holiday Camp dates are TBA.Please consult the Jasper Freeride Calendar at <a href="http://Jasperfreeride.com">Jasperfreeride.com</a> for the complete schedule.
		<b>Equipment:</b> Twin Tip Skis/Flexible Boots/Poles/Helmet/Mouth Guard	
		<u>CFSA membership: Can Free 1/2</u> ( <a href="http://www.freestylecanada.ski/en/membership/">http://www.freestylecanada.ski/en/membership/</a> )	
		<u>Marmot Basin ski pass/ticket: can be purchased online <a href="http://www.skimarmot.com">www.skimarmot.com</a> or at the ticket window</u>	
Program Category	Program Description	Program Requirements	Program Schedule
FUNDAMENTALZ (6 TO 9 YEARS OLD) - FORMALLY JUMPS AND BUMPS	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. <a href="http://www.freestyleski.com//pdfs10/JB_Passport_2011_EN.pdf">http://www.freestyleski.com//pdfs10/JB_Passport_2011_EN.pdf</a> <b>Goals of the FUNDamentals (Jumps and Bumps) program:</b> 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 enroll in the Freestylarz 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 complement the athletics required in freestyle skiing.	<b>Skills:</b> Able to execute wedge turns advancing to parallel ski on most terrain ( <b>Age:</b> 6 years old as of July 01, 2017. An advanced 5 yr old skier may be accepted subject to a ski evaluation)	Schedule: 12 sessions starting December 8/9 to March 16/17 (excluding Dec 22/23, Dec 29/30, Feb 16/17) - 2 days (Saturday and Sunday) - 1 day (please indicate Saturday or Sunday) (9:30 AM - 3:00 PM)
		<b>Equipment:</b> Twin Tip Skis/Flexible Boots/Poles/Helmet	
		<u>CFSA membership: Can Free 1/2</u> ( <a href="http://www.freestylecanada.ski/en/membership/">http://www.freestylecanada.ski/en/membership/</a> )	
		<u>Marmot Basin ski pass/ticket: can be purchased online <a href="http://www.skimarmot.com">www.skimarmot.com</a> or at the ticket window</u>	



## **FREESTYLE SKI TEAM, MARMOT BASIN, ALBERTA**

### Covid Refund Policy

- Post registration, refunds will only be provided when either hill operations or JFST cancels or suspends training.
- Refunds will not be provided if an athlete and / or family members are in isolation due to COVID or otherwise and the either hill operations of JFST have NOT cancelled training.
- Prorated Refunding, below; refunds will be net of 25% administration fees' and 'refunds of 25% or less will not be issued to allow covering of administration costs
- Based on # of days cancelled / # of days athlete was registered = % (eg. 8 cancelled days / 24 days = 33%) AND
- (% X registration) – (25% of base registration – Note 1)
- **NOTE 1** – (25% of base registration) The 25% of base registration is to deal with sunken operational and / or salaries. JFST buys yearly equipment / tools / fuels / etc. also has one yearly salary employee (head coach) and that salary straddles two season (2019/20 and 2020/21) therefore to continue with a successful JFST operation, the head coach salary will continue to exist. If there is a COVID government assisted program, JFST would apply and request this subsidy and would then further refund amounts to families and athletes.

### Injury Refund Policy

- In the past, JFST has not provided refunds due to injuries that occur during training or outside of JFST training and competitions. JFST will extend this practice, as the hiring and staffing of coaches is based on the # of athletes that register at the beginning of the year.