



Windermere Valley Ski Club Registration Info and Programs for 2009/10

To find out more about the programs call:

Head Coach Helmut Spiegl 250-346-3036 Nancy Greene Program Coach Wil Comrei 250-342-5276

To register call Jenny Hoffos 250-342-3819

Program	Ages**	Includes	Fee
Mini Greens	5 – 6	Mini Greens - Learn to Ski <i>Once a week pre-season off snow conditioning starts in October</i> <i>3 day Learn to Ski Camp (Dec 19 – 21, 2009)</i> <i>8 one day on snow sessions (starting Jan 10, 2010 excludes Feb 14, 2010 weekend)</i>	\$399
Nancy Greene	6- 11	Nancy Greene - More experienced skiers <i>Once a week pre-season off snow conditioning starts in October</i> <i>3 day Back on Skis Camp (Dec 19 – 21, 2009)</i> <i>8 one day on snow sessions (starting Jan 10, 2010 excludes Feb 14, 2010 weekend)</i> <i>2 day Nancy Greene Festival in Kimberly (March 13&14, 2010)</i>	\$449
Nancy Greene Racers & Keen Skiers	7 - 11	Nancy Greene Racers & Keen Skiers - Advanced skiers considering continuing to race <i>Once a week pre-season off snow conditioning starts in October</i> <i>3 day Back on Skis Camp (Dec 19 – 21, 2009)</i> <i>18 on snow sessions (starting Jan 3, 2010 excludes Feb 14, 2010 weekend)</i> <i>(includes a Zone race in Fernie, Feb 24; Invitational race in Golden, March; NG Festival in Kimberly, March 13&14 and a 2 day Zone Final race in April for 10 yrs old)</i>	\$799
Learn / Back to Ski Camp	5 - 11	For those who are not sure if they can commit to the full season <i>3 day Back On Skis for older skiers and Learn to Ski Camp from Dec 19 – 2, 2009</i>	\$149
Kinder 1 & Kinder 2	11 - 14	<i>One or more days per week on snow including 6 or more race days during winter season.</i> <i>Additional ski camps in summer and fall for more committed athletes.</i> <i>Off snow conditioning program is ongoing with varied intensity depending on the time of year, generally twice a week during school year.</i>	\$1699
FIS	15 +	<i>One or more days per week on snow including 6 or more international race days during winter season. Additional ski camps in summer and fall.</i> <i>Off snow conditioning program is ongoing with varied intensity depending on the time of year.</i> <i>Generally three or more times a week.</i>	

* See <http://bcalpine.com/content/programs/yob/> for more detailed information on athlete ages for each program. Note that ages may vary slightly based on individual child.

** Please note that CRA is allowing up to \$500 tax credit per child annually for sport registration fees paid in 2008 and future years. The club will provide suitable tax receipt upon request. <http://www.cra-arc.gc.ca/fitness/>

***Additional Race Fees for out of town races attended apply for all programs

Individual programs and groups are subject to a minimum of 5 participants signed up to run.

There will be no refunds for missed days. Payment can be made with 3 consecutive post dated cheques. Schedules are tentative and subject to change due to weather and other unforeseeable events.

In the 2010 winter season WVSC is offering the following programs:

Nancy Greene for children age 5 to 11 years

1 or 2 day on snow program running from December through March including off snow conditioning starting in October, includes some fun race opportunities and BONUS December camp.

Mini Greens - Learn to Ski for 5 – 6 year olds \$399

This Program has been developed to help children achieve success with an intro to skiing. The goal will be to have the children be able to ski the first two chairlifts at Panorama. They will also have an intro to skiing in the gates on New Timer (ski run) with the other athletes and gain a bit of race exposure to give them the confidence and skills to ski most of the mountain. We would like to create an environment that will allow them to fall in love with this sport and want to share it with their families.

Includes:

Once a week pre-season off snow conditioning starts in October

3 day Learn to Ski Camp (Dec 19 – 21, 2009)

8 one day on snow sessions (starting Jan 10, 2010 excludes Feb 14, 2010 weekend)

Nancy Greene - More experienced skiers 6 – 11 years old \$449

This program focuses on continuing development and refining of skills children they already have turning them into more mature skiers. More decision training while both in and out of the gates. Main focus is on skill development and exposure to all aspects of skiing in a fun and positive environment.

Includes:

Once a week pre-season off snow conditioning starts in October

3 day Back on Skis Camp (Dec 19 – 21, 2009)

8 one day on snow sessions (starting Jan 10, 2010 excludes Feb 14, 2010 weekend)

2 day Nancy Greene Festival in Kimberly (March 13&14, 2010)

Nancy Greene Racers & Keen Skiers - Advanced skiers considering continuing to race \$799

Also called the E-2 program is a bit more intense in comparison. The training at any given time is very focused and efficient. Trying to maximize time skiing is very important, however, enjoyment of the sport and concern for the athletes are always the first priority. This program takes a bit more commitment on the part of the athlete and the parents. Two pairs of skis preferred.

Includes:

Once a week pre-season off snow conditioning starts in October

3 day Back on Skis Camp (Dec 19 – 21, 2009)

18 on snow sessions (starting Jan 3, 2010 excludes Feb 14, 2010 weekend)

(includes a Zone race in Fernie, Feb 24; Invitational race in Golden, March; NG Festival in Kimberly, March 13&14 and a 2 day Zone Final race in April for 10 yrs old)

Kinder program for athletes age 11 to 14 years

Kinder 1 – 11 & 12 years old skiers & Kinder 2 – 13 & 14 years old skiers \$1699

One or more days per week on snow including 6 or more race days during winter season. Additional ski camps in summer and fall for more committed athletes.

Off snow conditioning program is ongoing with varied intensity depending on the time of year, generally twice a week during school year.

This group is gradually introduced to competitive racing in a positive and supportive environment. Athletes continue to hone their skiing skills as well as learn how to work towards their goals and prepare to perform under pressure in various disciplines, tune their skis and manage their sport, school, leisure time and other commitments. They start to race on zone and provincial level and may qualify to compete in an international race held at Whistler.

FIS program for athletes 15+

One or more days per week on snow including 6 or more international race days during winter season. Additional ski camps in summer and fall.

Off snow conditioning program is ongoing with varied intensity depending on the time of year. Generally three or more times a week.

REGISTRATION FORM

GENERAL INFORMATION

Registration Date: _____

(Father) Last Name: _____ First Name: _____

(Mother) Last Name: _____ First Name: _____

Mailing Address: _____

City: _____ Province: _____ Postal Code: _____ Home Phone: _____

Alternate Phone 1: _____ Alternate Phone 2: _____

Email: _____

Please provide as this is primary method of relaying information to club members.

Family Doctor: _____ Health Care # _____

Please provide details of any allergies, medical conditions, or previous injury, which should be provided to medical professionals in the case of accident or illness:

Emergency Contact: In case parents are unavailable, please contact:

Name: _____ Phone Number: _____

ATHLETE REGISTRATION

	Name	Program	Gender M/F	AGE (as of Dec 31, 2009)	Birth Date (MM/DD/YY)	Raffle (BCAlpine)	FEE
1							
2							
3							
4							
					TOTAL FEE:		

Note: Program Fees include BC Alpine Registration fees, Subscription to Ski Canada Magazine, and Club Membership Fees.