



## Castle Freestyle - Programs for 2014/15

### Jumps & Bumps Ages 6-11

*This is our entry level program designed to introduce the FUNdamentals of freestyle skiing: bumps, jumps, terrain park skills and all mountain skiing. Our experienced coaches will instill in young skiers an appreciation of safe, fun freestyle skiing and they will measure their skill development throughout the season. To take part in this program, children must be able to load and ride the chairlift unassisted, have previously skied at a mountain resort and must be able to balance and link turns on a green run. There are club competitions available for these participants but separate coaching fees would apply.*

**Saturdays 9am – 3pm January 3rd – March 8<sup>th</sup>, 10 Saturdays**

**Two day Christmas camp – December 28/29, 2014 (\$60 fee)**

**Lunch Break is unsupervised from 12-1pm**

**Cost \$550 (Earlybird price \$495 if payment received before November 15, 2014) does not include lift tickets, AFSA membership or competition costs.**

**ATB Financial Sponsors 'Snowkids next door' which is a free skiing pass for SELECT Southern AB K-6 students!**

### Big Mountain Program Ages 12-18

*Designed for teenagers who are confident with skiing the BLACK DIAMOND runs and want to push themselves to experience Castle's finest with like minded friends.*

*Head 'Big Mountain' Coach, Cam Motta brings energy to this program! A 'serious' skier with a lifetime of Castle local knowledge, Cam has a track record in developing young shredders! Our Big Mountain Program will challenge skiers in the trees, the steeps and in the powder. Adjusting techniques for variable conditions as well as learning to jump carve and bump. Building on present skills and allowing for safe progression brings great skiing confidence. This program will utilize all of the Castle terrain as well as the freestyle air sites to allow for a safe progression in jumping and shredding. Over time the group will learn to recognize and avoid skiing hazards in order to ski safely over all mountain venues. We promise a fun and high energy program with qualified coaches. Skiers MUST be able to ski BLACK DIAMOND runs.*

*At least one Big Mountain competition in the season is encouraged but not mandatory. Extra coaching fees will apply for competitions. This program will be competing at three BM comps in the 2015 season. Coaching costs (travel, accommodations and per diem) will be shared by*

participants for competitions. Note: INVERTS will not be allowed unless proper water/airbag/snow certifications are met. Airbag training is a part of this program.

**Saturday/Sunday 9am-3pm** January 3/4 to March 7/8, 2015 (10 weeks)

Castle Freestyle would prefer to break this program into two skill levels for the 2014/15 season. These two groups will be determined by coaches' assessments and quantity of participants. It may also be prudent to keep this idea fluid so that athletes can grow to the upper group if needed? This fluidness can also help coaches balance the one day and two day groups. Christmas Ski Camp (strongly encouraged), December 27, 28 and 29<sup>th</sup>, 2014 (\$120)

**Cost: \$595 (one day), \$1100 (both days)** does not include Lift Tickets or CFSA membership ATB Financial Sponsors 'Snowkids next door' which is a free skiing pass for SELECT Southern AB K-6 students!

NOTE: 2015 Athlete and Coaching participation needs to be confirmed and exact group breakdowns are dependent upon registration. We will try to accommodate all requests.

## Competitive Program Ages 11-18

This is for the skier who wants to hone their skills at moguls, jumps, the park and in the "Big Mountain" arena. These kids aspire to ski their best. They will work the mastery of their skiing in all Freestyle disciplines. Appropriate competitions for all level of skiers will be encouraged: Club level, Provincial or National level. Note: INVERTS will not be allowed unless proper water/airbag/snow certifications are met.

Saturday AND Sunday 9am-3pm Program runs as per coaches discretion from opening day – closing Saturday

Including Christmas Ski Camp, Dec 27, 28&29<sup>th</sup>, 2014

**Cost: \$1500** does not include lift tickets, competition fees or CFSA membership Coaching costs (travel, accommodations, coaches' rate and per diem) will be shared by participants for competitions.

## Park and Pipe Program at COP – Info to come/

Specific for all CMFC skiers, on Tuesdays and/or Thursdays from 6pm – 9pm. Our "flippin' and flyin'" Dave Stevenson teaches skills and tricks in the park and half pipe at COP. Program begins January 6<sup>th</sup> 2015 when the park and pipe opens. Price around \$400 TBD depending on numbers.

## Mogul Specific Program at COP - Info to come/

Specific for all CMFC skiers, on two weekdays (Tuesdays, and/or Wednesdays and/or Thursdays-TBD) from 6pm – 9pm. Our "technical wizard" Leah Fink teaches mogul skills at COP. This training on the "flats, roller tank and bump course has proven invaluable in past seasons. Program begins January 6<sup>th</sup> 2015 when the park and pipe opens. Price around \$400? TBD depending on numbers. We do expect these COP programs to fill up. We have limited coaching at this level.

## Park Program at Powder Keg – info to come

*Specific for any and all skiers, on Tuesdays and/or Thursdays from 6pm – 9pm. Plan for 20 evenings to develop local skiers at the fantastic Park at Powder Keg Program begins January 6<sup>th</sup> 2015 when the park and pipe opens. Price around \$400? TBD depending on numbers. This could be soooo fantastic if we can get some interest. Let's really get the word out on this one and see what happens! It would surely be this group of youngsters that are a perfect fit for the big facilities at Castle on the weekends.*

## Freestyle 5-Pass

*Buy a Freestyle 5 pass for \$250 and try out freestyle for 5 Saturdays or Sundays! (CFSA insurance required and not included in the cost. Lift Passes not included). All passes to be used by February 28<sup>th</sup> (March 8<sup>th</sup>). No refund on unused days, one 5-pass per athlete. **This pass is designed to help the J&B kids get a taste and a start to the wonderful world of Freestyle!***

## Day Rate

*\* Castle Freestyle does welcome any level skier to take advantage of the facilities and coaching on a day rate basis of \$75/day. Please inquire!*

**PAYMENT AND PROOF OF CFSA INSURANCE NECESSARY BY THE FIRST DAY OF COACHING** [www.castlefreestyle.ca](http://www.castlefreestyle.ca)