

WENTWORTH SKI RACING CLUB

PO Box 307, 610 Wright Avenue, Dartmouth, NS B3B 0H8

www.wentworthracing.com



Back Again This Year!!

U14-U16 Intro to Race / School Race Training Program

This Program is for Skiers Aged 12 -15...

- ❖ Ski racing for the first time
- ❖ Ski in a group and improve their skills at a lower commitment level
- ❖ Participate in school racing league and want to develop their skills and technique

Prerequisite:

- ❖ Participants must be able to ski top to bottom of Ski Wentworth on a Blue trail in a parallel fashion.
- ❖ Born between January 1, 2004 and December 31, 2007.

Program:

- ❖ Learn-to-Race Program
- ❖ Will work at each skiers' level
- ❖ Saturdays 7:45am-3pm January 11 - March 7
- ❖ Program Fee: \$370.00 (No HST)
- ❖ A minimum of 6 participants are required to proceed
- ❖ Register at www.wentworthracing.com under "Registration" and "2019/20 Program Registration" by December 1, 2019.



Program Goals:

- ❖ To have fun with peers and coach
- ❖ To foster a love of the sport of alpine ski racing
- ❖ Skill development through free skiing, drills and gate training
- ❖ Learn other aspects of ski racing: ski racing theory & concepts, starting and finishing.
- ❖ For each athlete to meet their individual goals for the season.

Required Equipment:

Pair of Skis, Hard Eared Helmet, Goggles, & Poles



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