

WENTWORTH SKI RACING CLUB

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

www.wentworthracing.com



Master's Race Training Program

This Program is for Skiers Aged 21-99

- ❖ Ski racing for the first time or returning to ski racing after a period of time
- ❖ Ski in a group and improve their ski racing skills
- ❖ Participate in some AAA circuit racing

Prerequisite:

- ❖ Participants must be able to ski top to bottom of Ski Wentworth on a Blue trail in a parallel fashion.

Program:

- ❖ Learn-to-Race Program
- ❖ Will work at each skiers' level
- ❖ Saturdays 9:30am-2:30pm January 18 - March 21
- ❖ Program Fee: \$460.00 (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.
- ❖ For each athlete to participate in a AAA race this season

Required Equipment:

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

WSRC-hosted Races with a Masters Category:

- ❖ Team Atlantic SL – February 14 & Byrne Cup GS/SL – March 13

Recipient of Sport Nova Scotia 2017 Association of the Year Award

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MAPLE LEAF HOMES

