

WENTWORTH SKI RACING CLUB

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

www.wentworthracing.com



U14 & U16 Intro to Race Program

This program is for U14 & U16 athletes who....

- Are not new to skiing but are trying ski racing for the first time
- Want to ski in a group and improve their skills at a lower commitment level
- Participate in school racing league and are interested in honing their skills

Pre-requisite: Participants must be able to ski top to bottom of Ski Wentworth on a blue trail in a parallel fashion.

Program:

- A Learn-to-Race Program
- We will work at the athletes' level

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.

Schedule:

- Full Day or Half Day option on Saturdays for 10 weeks; January 5-March 9th.
- Saturdays; 9:30-11:30am and/or 12:30-2:30pm
- Also Invited to the Club Championship Race and End of Season Club Social : March 30th

Required Equipment:

- Pair of skis
- Hard eared helmet
- Sturdy boots
- Goggles
- Poles

Note: If the athletes develop to the point that they start to train slalom, they may require: shin guards, pole guards and chin guard. This would be discussed and agreed in advance.

Fees:

There is a mandatory \$25 club membership fee which includes a club touque, club membership card and discounts from numerous retailers and Alpine Canada Association Liability Insurance.

- Intro to Race - am session only - \$260 + \$25 membership fee per athlete (no HST)
- Intro to Race - pm session only - \$260 + \$25 membership fee per athlete (no HST)
- Intro to Race - Both am & pm session - \$390 + \$25 membership fee per athlete (no HST)

Register on our website: https://wentworthracing.goalline.ca/register.php?reg_form_id=27115

Recipient of Sport Nova Scotia 2017 Association of the Year Award



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