

ALPINE
PROGRAMS

2010



ALPINE

Alpine Ski Club 17 - 242 Arrowhead Road, Blue Mountains ON L9Y 0S1
(705) 445-0339 - Fax (705) 445-3247 - www.alpineskiclub.com

WELCOME TO ALPINE FOR ANOTHER EXCITING SEASON

Alpine has always prided itself in having quality programs. The philosophy is to offer skill development from beginner to advanced levels. Within each ability level whether skiing, snowboarding or racing we provide a well defined, member oriented progression.

In order to accommodate the busy lunch period we have structured certain programs with alternate time options, A or B.

OPTION A: Sat. 9:00a.m. to 11:00 a.m. and 12:00 to 2:00 p.m. Lunch 11 to 12 · Sun. 9:00 a.m. to 11:00 a.m.

OPTION B: Sat. 10:00 a.m. to 12:00 p.m. and 1:00 to 3:00 p.m. Lunch 12 to 1 · Sun. 10:00 a.m. to 12:00 p.m.

Not all programs have sufficient registrations to offer two time schedules. Please make sure you choose the schedule for Junior Ski or Snowboard Programs that best works with your family's other program requirements. Junior League Racing Programs will all have set lunch hours. Please refer to the Program Description for details. Most Adult Programs will have a 2 hour break to accommodate either lunch option.

REGISTRATION POLICY

We recommend that you review the programs being offered. Program numbers continue to grow each year so we remind you to sign up early. Early registration must be received no later than November 15, 2009. Registrations received after the November 15th deadline will be subject to full program rates, being placed on a waiting list and processed subject to program availability. Alpine reserves the right to cancel programs with insufficient registration. All registrations are processed on a first-come first-serve basis. To maintain a safe environment in all programs a waiting list will be implemented once a program is full. Enrollment is not guaranteed unless we receive registrations prior to November 15th.

A 20% administrative fee will be charged to non-members participating in camp programs.

CANCELLATION POLICY

If a participant cancels any program, ski, racing or snowboarding prior to the cancellation deadline an administrative fee of \$50.00 per participant will be applied.

Cancellation after the deadline will be charged 30% of the program cost.

All requests for cancellation refunds must be submitted in writing.

The cancellation deadlines are: Christmas Camps · December 23, 2009

New Years Camp · December 28, 2009

8, 9 & 10 Week programs · December 27, 2009

All programs will run if there is a lift operating.

Refunds requested after programs have begun (for any reason) must be applied for in writing to the Board for approval.

WAIVER INSTRUCTIONS

All program participants must sign a waiver. Adult and Junior waivers are available on-line; they may be downloaded and faxed to 705-445-3247.

Hard copies can be obtained by contacting the office.

PAYMENT OPTIONS FOR ALPINE PROGRAMS

On-line booking is available at www.alpineskiclub.com in the Members' section of the website where you will find "program registration".

Please complete accordingly and it will be submitted through a secure site to us for processing at Alpine. All programs subject to applicable taxes.

NOTE: Credit card payments for on-line registrations will be processed closer to the early registration date.

ALPINE PROGRAM CONTACTS

Director of Technical Ski & Snowboard Programs - Linda Leistner - Board Member

Director of Racing Programs - Michael McTaggart - Board Member

Alpine Program Manager	Kim Roberts
Assistant Program Manager	Chris Salhany
Head of Race Programs	Jason Manning
Head of Ski Programs	Dave Smith
Head of Snowboard Programs	Tyler King

SKI AND SNOWBOARD PRIVATE LESSONS ALL AGES AND ABILITIES WELCOME!

Tickets must be purchased in the Snow Program Office located on the main floor of the lodge adjacent to the cafeteria.

Lesson Times: 9:30 a.m., 10:30 a.m., 11:30 a.m., 12:30 p.m., 1:30 p.m. and 2:30 p.m.

Booking policies for private and semi-private lessons:

- Lesson times may **ONLY** be scheduled on the day required.
- Lesson assignment is subject to instructor availability. Program staffing has first priority.
- Lessons will be assigned on a first-come first-serve basis.
- All Private Lessons must be verified and paid for in person at the Snow Program Office ½ hour prior to the pre-arranged time or booking will be forfeited to the next person.

COST

- Private \$60.00 per hour
 - Book of 4 pre-purchased private lessons \$192.00
 - Semi-Private \$45.00 per hour, per person
 - Book of 4 pre-purchased semi-private lessons \$144.00
- Cost includes GST.

JUNIOR SKI CAMPS

Pre-Christmas Camp - December 21 to 23

All camps run 9:30 to 11:30 and 12:30 to 2:30 unless otherwise specified.

3 to 5 Kids Club Slopeside

Kids learn to slide and turn on our magic only carpet. Beginners only.

Meet at the top of Square One

9:30 to 11:30 only

Cost: \$109.00 After Nov. 15th \$130.00

4 to 14 Kids Unlimited Combo

A fun camp environment. Kids must be able to ride the chairlift.

Meet at the base of the Arrowhead Chair.

Cost: \$156.00 After Nov. 15th \$187.20

Christmas Camps - December 27th to 31st

All camps run 9:30 to 11:30 and 12:30 to 2:30 unless otherwise specified.

3 to 5 Kids Club Slopeside

Kids learn to slide and turn on our magic carpet. Beginners only

9:30 to 11:30 only Meet at the top of Square One.

Cost: \$136.50 After Nov. 15th \$164.00

3 to 5 Farm Tech

For kids who can ski and are able to ride a chairlift. This program develops skiing mobility with fun filled activities. Meet at the base of the Arrowhead Chair.

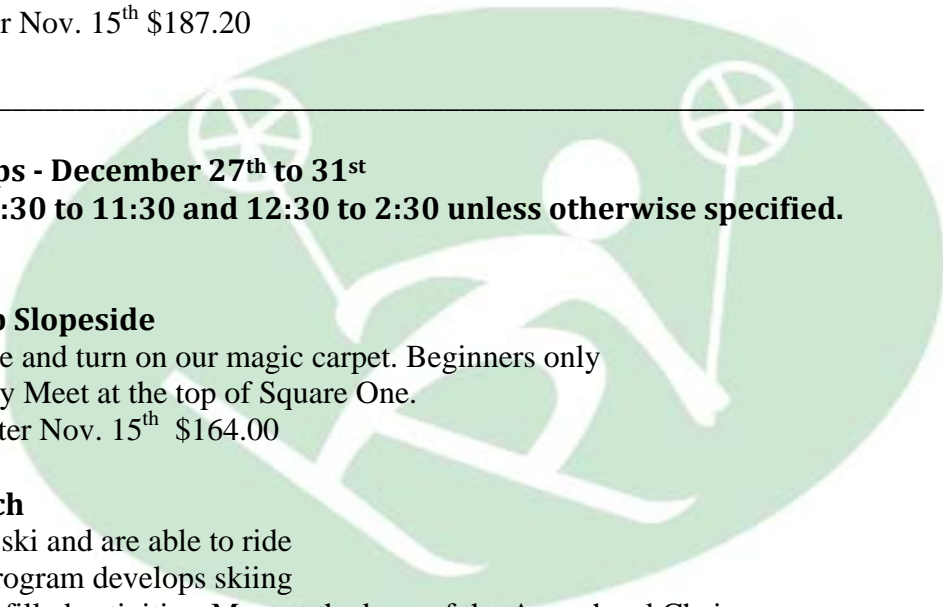
Cost: \$ 206.00 After Nov. 15th \$247.00

6 to 14 Combo

A blend of ski improvement in varying terrain with skill enhancing activities.

Meet at the base of the Arrowhead Chair.

Cost: \$ 206.00 After Nov. 15th \$247.00



8 to 14 Intro to Freestyle Skiing

Introduction to skills in the superpipe and slopestyle (jumps & rails) Basic skills will be developed to navigate the freestyle terrain in any superpipe or terrain park. Helmets are mandatory.

Cost: \$206.00 After Nov. 15th 247.00

8 to 18 Interclub Freestyle Camp

Grab those twin tips and head for the park. Freshen up on old tricks and start to learn new ones!

Strongly recommended for anyone participating in the season Interclub Freestyle Ski Team p program.

Cost: \$206.00 After Nov. 15th 247.00

NEW YEARS CAMPS - January 2&3

All camps run 9:30 to 11:30 and 12:30 to 2:30 unless otherwise specified.

3 to 5 Kids Club Slopeside

Kids learn to slide and turn on our magic only carpet. Beginners only.

Meet at the top of Square One

9:30 to 11:30 only

Cost: \$82.00 After Nov.15th \$98.40

4 to 14 Kids Unlimited Combo (Kids must be able to ride the chairlift.)

A fun camp environment. Meet at the base of the Arrowhead Chair.

Cost: \$110.60 After Nov. 15th 132.00

MARCH BREAK CAMP March 15 to 19

All camps run 9:30 to 11:30 and 12:30 to 2:30 unless otherwise specified.

3 to 5 Kids Club Slopeside

Kids learn to slide and turn on our magic only carpet. Beginners only.

Meet at the top of Square One

9:30 to 11:30 only

Cost: \$136.50 After Nov. 15th 163.80

4 to 14 Kids Unlimited Combo

A fun camp environment. Kids must be able to ride the chairlift.

Meet at the base of the Arrowhead Chair.

Cost: \$206.00 After Nov. 15th \$247.00

JUNIOR SKI SEASON PROGRAMS

All programs run for 8 weeks Saturday January 9 to Sunday February 28.
Please choose time option where applicable.

3 to 5 Kids Club Slopeside

For non skiers, magic carpet only. Meet Slopeside
Cost: \$110.00 After Nov. 15th: \$132.00

Ratio: 3 to 1 Sign up for 4 week sessions. Build your own program!

You have a choice of the following:

Once you have registered there will be no late fee for additional sessions.

To enroll in this program children must be toilet trained.

4 Saturdays 9:30 to 11:30

Session #1: Sat. Jan. 9 to Jan. 30

Session #2: Sat. Feb. 6 to Feb. 27

4 Saturdays 12:30 to 2:30

Session #3: Sat. Jan. 9 to Jan. 30

Session #4: Sat. Feb. 6 to Feb. 27

4 Sundays 9:30 to 11:30

Session #5: Sun. Jan. 10 to Jan 31

Session #6: Sun. Feb. 7 to Feb. 28

3 to 5 Farm Tech

For skiers who want to improve through fun filled skill enhancing games and activities. Participants should be able to ride chairlift. Meet at the base of Arrowhead Chair

Ratio: 5 to 1

Cost: \$480.00 After Nov. 15th \$576.00

Time Options (Please choose A or B)

A: Sat 9 to 11 & 12 to 2, Sun 9 to 11

B: Sat 10 to 12 & 1 to 3, Sun 10 to 12

6 to 14 Tech

A program for recreational skiers who want to develop all around skiing skills without racing. Meet at base of Arrowhead Chair

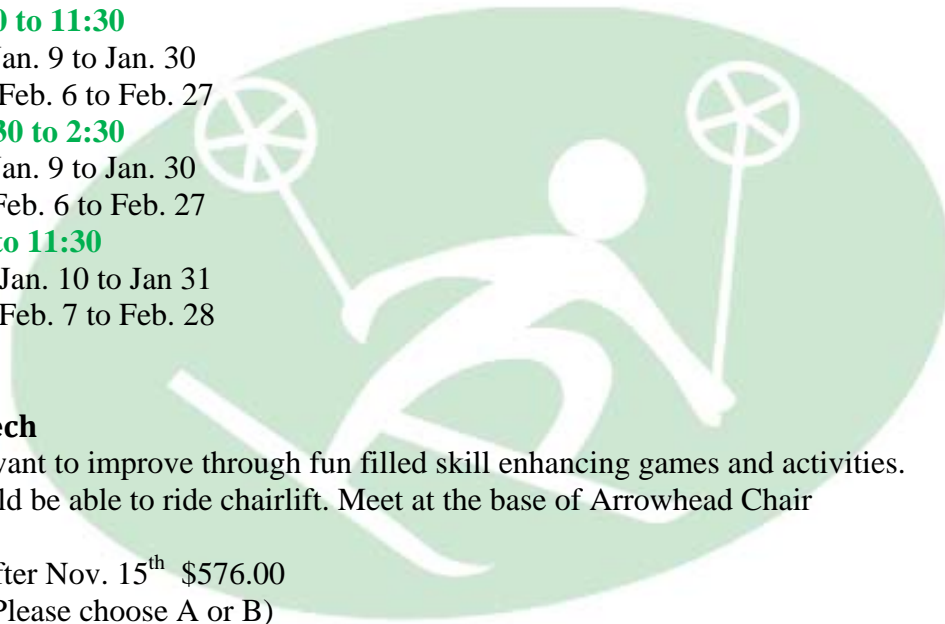
Ratio: 10 to 1

Cost: \$470.50 After Nov. 15th \$564.60

Time Options (Please choose A or B)

A: Sat 9 to 11 & 12 to 2, Sun 9 to 11

B: Sat 10 to 12 & 1 to 3, Sun 10 to 12



6 to 14 Combo & House League

A fun program for strong skiers, offering a balance of ski improvement, bump skiing and race training. Must race in 4 low key house league races. Meet at base of Summit Express:

NOTE: Helmets are required for all race training and races.

Ratio: 10 to 1

Cost: \$480.00 After Nov. 15th \$576.00

Time Options (Please choose A or B)

A: Sat 9 to 11 & 12 to 2, Sun 9 to 11

B: Sat 10 to 12 & 1 to 3, Sun 10 to 12

6 to 14 Mixed Boards

4 weeks of skiing followed by 4 weeks of snowboarding. Classes will be structured according to technical ability for each session. Meet beside Arrowhead Chair

Ratio: 10 to 1

Cost: \$480.00 After Nov. 15th \$576.00

Time Options (Please choose A or B)

A: Sat 9 to 11 & 12 to 2, Sun 9 to 11

B: Sat 10 to 12 & 1 to 3, Sun 10 to 12

8 to 14 Interclub Freestyle Ski Team – 9 week program starts Jan 2

An introduction to fun and friendly superpipe Ski Team and slopestyle (jumps & rails) competitions held at clubs across the escarpment. skills will be developed to navigate the free- style terrain in any superpipe or terrain park. Terrain park features include but are not limited to rails, slide boxes and jumps of varying styles and sizes. Parents are encouraged to register confident skiers only.

NOTE: Helmets are mandatory. Meet at base of Summit Express

Saturdays & Sundays 9:00 to 12:00 & 1:00 to 3:00

Ratio: 10 to 1

Cost: \$855.00 + 90.00 league fee = \$945.00

After Nov. 15th \$1026.00 + 90.00 league fee = \$1116.00

13 & up Totally Teens

A recreational program designed to meet the needs of the teen who wants a change from regular skiing or racing programs. The goal of this program is to improve overall ability through a variety of situations; technical abilities will climb by general guided mileage by one of our top pros.

Meet at base of Summit Express

Saturdays only.

10:00 to 12:00

Cost: \$160.00 After Nov. 15th \$192.00

ADULT SKI CAMPS

ADULT CHRISTMAS CAMP December 27 to 31.

See 8 week program for details. .

MEET BY LODGE

Beginner, Intermediate and Advanced 9:45 to 11:15

Cost \$116.00 After Nov. 15th \$140.00

Combo Training 9:45 to 11:15 & 12:45 to 2:15

Cost \$237.00 After Nov. 15th \$284.50

ADULT NEW YEAR'S CAMP January 2& 3.

Beginner, Intermediate and Advanced 9:45 to 11:15

Cost \$45.00 After Nov. 15th \$54.00

Combo Training 9:45 to 11:15 & 12:45 to 2:15

Cost \$90.00 After Nov. 15th \$108.00

ADULT TIME TRIALS FOR FUN & GLORY AND AOS MASTER LEAGUE WILL BE SATURDAY, JANUARY 2nd .

ADULT SKI SEASON PROGRAMS

All programs run for 8 weeks Saturday, January 9 to Sunday, February 28

Beginner : This program allows beginners to ski in a controlled environment, developing the confidence needed to advance.

Time Options (Please choose A or B)

A: Saturdays 9:15 to 10:45

B: Sundays 9:15 to 10:45

Cost: \$160.00 After Nov. 15th \$192.00

Intermediate: For skiers looking to improve their ability to ski parallel on steeper terrain.

Time Options (Please choose A, B or C)

A: Saturdays 9:15 to 10:45 , B: Sundays 9:15 to 10:45

C: Saturdays 1:00 to 2:30

Cost: \$160.00 After Nov. 15th \$192.00

Advanced: Fine tune your skiing and improve with expert guidance.

Time Options (Please choose A or B)A: Saturdays 1:00 to 2:30 B: Sundays 9:15 to 10:45

Cost: \$206.00 After Nov. 15th \$247.00

Combo

This program is for the intermediate to advanced skier looking for a full day of training. This fun oriented program will enhance all aspects of technical skiing through many different tactics. Enjoy video analysis, on-going personal assessment and technical training as it relates to race courses with maximum mileage!

Saturdays 9:15 to 10:45 & 1:00 to 2:30

Cost: \$340.00 After Nov. 15th \$408.00

Expert “Ladies Only”

A specially designed ladies only high performance class. Are you looking to enjoy the challenge of skiing some steeper and faster terrain? These fun oriented sessions will place an emphasis on all aspects of technical skiing. Enjoy video analysis and personal assessments. This program will be taught by our top level III CSIA Instructors. Guaranteed to put some excitement into your season.

Sundays 9:30 to 11:00

Cost: \$206.00 After Nov. 15th: \$247.00

Advanced “Ladies Only”

Enjoy skiing with a group of skill matched ladies. This is for ladies who are not 100% comfortable skiing fast on all terrain but who enjoy the challenge of learning how.

Sundays 9:30 to 11:00

Cost \$206.00 After Nov. 15th \$247.00

Advanced “Men’s Only”

Don’t let the ladies capture all the fun. This program has been designed to meet the needs of expert male skiers. This program will be taught by CSIA Level III Instructors who will challenge you and improve your technical knowledge and on-hill performance. Enjoy a variety of tactics including personal video analysis and on going assessments

Saturdays 1:00 to 2:30

Cost \$206.00 After Nov. 15th \$247.00



ADULT SKI RACE PROGRAMS

ADULT SKI RACE CAMPS

Christmas Camp 9:00 to 11:30 and 1:00 to 2:30

This camp is to help prepare for GS Time Trials on Challenge. The camp will accommodate all levels of racers.

5 days -December 27 to 31 Cost: \$305.00 After Nov. 15th \$366.00

3 days-December 28 to 30 Cost: \$200.00 After Nov. 15th \$240.00

New Year's Camp - January 2 & 3 9:00 to 11:30 and 1:00 to 2:30

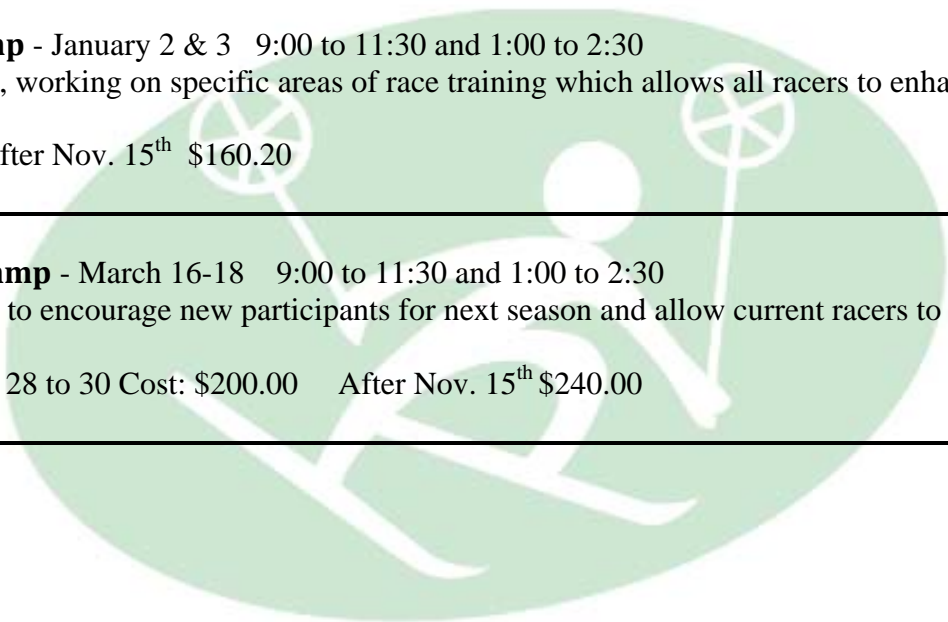
A three day camp, working on specific areas of race training which allows all racers to enhance their performance.

Cost: \$133.50 After Nov. 15th \$160.20

March Break Camp - March 16-18 9:00 to 11:30 and 1:00 to 2:30

A three day camp to encourage new participants for next season and allow current racers to improve their skills.

3 days-December 28 to 30 Cost: \$200.00 After Nov. 15th \$240.00



ADULT SKI RACING SEASON PROGRAMS

All programs run for 8 weeks Saturday, January 9 to Sunday, February 28

Intro to Adult Racing

This program provides a balance of strong technical skiing and race training. Recommended for anyone interested in an Introductory Program to Adult Racing. Racing in Fun and Glory House League is not required, but the opportunity to participate in some Fun and Glory Races will be offered.

Saturdays: 1:00 to 2:30pm

Cost: \$185.00 After Nov. 15th \$222.00

Fun & Glory Calcutta House

This program is designed for all levels of racers to have FUN and RACE for GLORY on evenly matched teams. Team selections are determined from Adult Time Trials and past year's races. This program consists of 4 house league races. Training for the Fun and Glory is available as a package. See details below.

League Racing Cost: \$140.00 After Nov. 15th \$166.00

Fun & Glory Calcutta House League Racing & Training

Looking for the best opportunity? This is it! For all levels of racers wanting gate training, Combined experience and coaching to prepare for the Fun & Glory races while improving their skiing.

The Fun & Glory League races are included in this program.

Race Schedule TBA

Training times Sundays 9:15 to 11:00am

Cost: \$310.00 After Nov. 15th \$372.00

Watch for the Calcutta Après Ski! Don't miss this fun aspect of our House League Racing.

Fun & Glory added Bonus for all skiers and snowboarders... This season we are offering all Fun & Glory participants the opportunity to race as both a skier and a snowboarder at no extra cost!

If you would like to test your ability and double your chances as a dual racer, please let us know.

Challenge the King and Queen of the hill!

Sunday Gate Training

Fun and Glory to Masters Racers take advantage of extra Intermediate and Advanced training in gates. Participants will be placed on teams reflective of ability with personal coaching a priority.

Sundays 9:00 to 11:00 a.m.

Cost: \$247.00 After Nov. 15th \$296.00

"Ladies Only" Gate Training

The ladies have the opportunity to enhance their ability to apply all of their technical skills into the gates! Designed for all advanced and expert ladies who want to take it to the next level.

Saturdays 1:00 to 2:30

Cost \$206.00 After Nov. 15th \$247.00

Interclub-Masters League Racing AOA

Masters (traveling team) race program consists of 4 races plus the finals. We welcome all ages and abilities! This season we have 3 great packages to choose from!

Gold: This package is for the racer who wants it all. AOA fees are included, as well as warm up courses for the 4 Saturday races plus the finals. Add to this Sunday morning gate training and the Calcutta. A great package saving!

Cost \$465.00 After Nov. 15th \$577.50

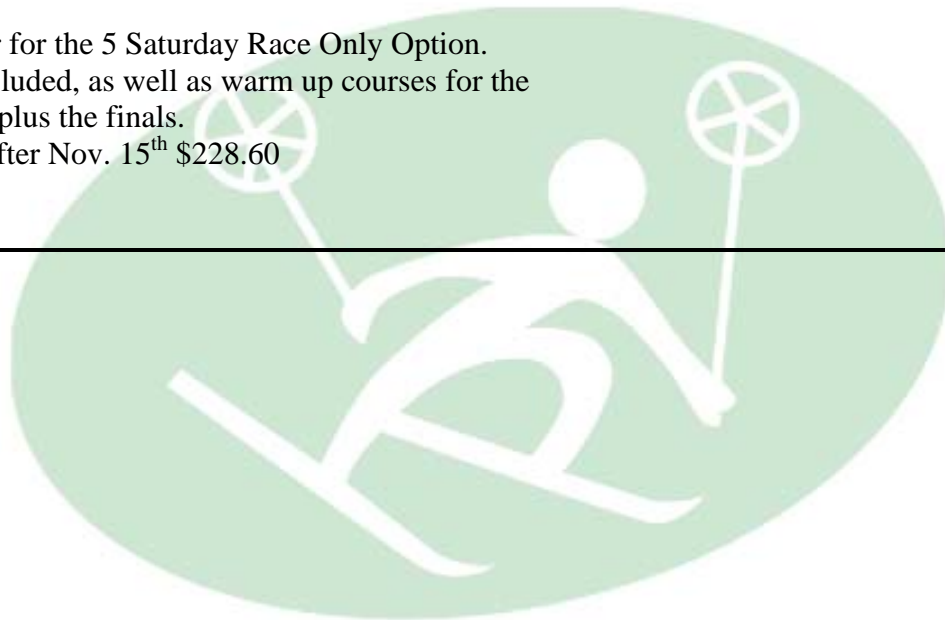
Silver: AOA fees are included, as well as warm up courses for the 4 Saturday races plus the finals. Add to this Sunday morning gate training

Cost: \$396.50 After Nov. 15th \$476.00

Bronze: Register for the 5 Saturday Race Only Option.

AOA fees are included, as well as warm up courses for the 4 Saturday races plus the finals.

Cost \$190.50 After Nov. 15th \$228.60



HOW TO BECOME A SKI PRO

For information on becoming a ski pro, a snowboard pro or a ski coach please visit www.snowpro.com. This links to the Canadian Ski Instructors Association, C.S.I.A. for skiing, Canadian Association of Snowboard Instructors C.A.S.I. for snowboarding and the Canadian Ski Coaches Federation, C.S.C.F. for race coaching. Register on-line for available courses.

For training and course preparation register for one of our Pros in Training programs.

PROS IN TRAINING

Pros in Training 14 and up

For those interested in developing better skiing and teaching skills. Our highest ranked pros will prepare you for the C.A.S.I. or C.S.I.A level one course.

Sundays 1:00 to 3:00

Cost: \$135.00 \$160.00

Level I CASI - if you are 15 years of age and are a pretty consistent strong rider why not take a Canadian Association of Snowboard Instructors level 1 course. There are two courses to choose from here at Alpine: Dec 28 to 30 2009, and March 13th to 15th 2010. There will also be two park instructor courses January 2 & 3rd 2010 and March 6 & 7, 2010

Level II CASI Courses can be arranged if enough members want to participate. Please contact Tyler King at: relytgnik@hotmail.com for more details.

Level I CSIA If you are a parallel skier and at least fifteen years of age, taking your Canadian Ski Instructors' Alliance (CSIA) Level 1 is a great way to change your skiing forever and understand the fundamental skills for improvement in a fun and exciting four day course. The course is held over 2 weekends December 19, 20 & 26, 27 and March 20, 21 & 27, 28

The Snow Programs Assistant program is a volunteer position, as an apprentice, to learn how to become a Snow Pro. You will be able to fulfill your OSSD 40 hours of volunteer work requirement; have your annual membership dues refunded if you complete the 40 hours; ski with Alpine's best certified Level 3 Instructors on Sunday afternoons, for free, to prepare yourself to successfully take a CSIA Level 1 certification course or the CASI Level 1 certification course. The fee for the Pros-in-Training Program for Snow Programs Assistants is waived. If you are interested in the volunteer program please contact Kim Roberts at: kroberts@alpineskiclub.com.

Positions are limited within this program.

JUNIOR SNOWBOARD CAMPS –Meet on deck of main chalet.

PRE-CHRISTMAS JUNIOR SNOWBOARD CAMPS Dec 21 to 23

TIMES: 9:30 TO 11:30 & 12:30 TO 2:30 – Unless otherwise specified.

6 to 14 Snowboarders Unlimited

Get a head start on your skills. Beginner to Advanced.

Cost: \$156.00 After Nov. 15th \$187.20

8 to 14 Interclub Prep Camp

For athletes participating in the Interclub League programs for the season.

Don't miss this early season start

League Daily: 9:00 to 11:30 12:30 to 3:00.

Cost: \$180.00 After Nov. 15th \$216.00

CHRISTMAS JUNIOR SNOWBOARD CAMPS Dec 27 to 31

TIMES: 9:30 TO 11:30 & 12:30 TO 2:30 - UNLESS OTHERWISE SPECIFIED

6 to 14 Snowboarding

All levels of snowboarding welcome. Ride the pipes, play in the terrain parks.

Cost: \$206.00 \$247.00

NEW YEARS CAMPS Jan 2 & 3 TIMES: 9:30 TO 11:30 & 12:30 TO 2:30

6 to 14 Snowboarding

All levels of snowboarding welcome. Ride the pipes, play in the terrain parks.

Cost: \$110.00 After Nov. 15th \$132.00

MARCH BREAK CAMP March 15 to 19 TIMES: 9:30 TO 11:30 & 12:30 TO 2:30

6 to 14 Snowboarders Unlimited

Take advantage of your March Break Everyone is welcome to enjoy the best of the season.

Cost: \$206.00 After Nov. 15th \$247.00

8 to 14 Interclub

For athletes participating in Interclub March Break League Riding, March Break Series entry fees for events not included.

Cost: \$206.00 After Nov. 15th \$247.00

JUNIOR SNOWBOARD SEASON PROGRAMS

All programs run for 8 weeks Saturday, January 9 to February 28 unless otherwise stated.

6 to 14 Mixed Boards

4 weeks of skiing followed by 4 weeks of snowboarding. Classes will be structured according to technical ability for each session. Meet beside Arrowhead Chair

Ratio: 10 to 1

Cost: \$480.00 After Nov. 15th \$576.00

Time Options (Please choose A or B)

A: Sat 9 to 11 & 12 to 2, Sun 9 to 11

B: Sat 10 to 12 & 1 to 3, Sun 10 to 12

6 to 14 Free Riding

All levels welcome; learn the fundamental skills to being a better rider.

Ratio: 10 to 1

Cost: \$480.00 After Nov. 15th \$576.00

Time Options (Please choose A or B)

A: Sat 9 to 11 & 12 to 2, Sun 9 to 11

B: Sat 10 to 12 & 1 to 3, Sun 10 to 12

COMPETITIVE SNOWBOARDING PROGRAM

The focus of our competitive Snowboard Programs is on enhancement of skill development and technical excellence. The Interclub Freestyle League requires a commitment from each athlete to work hard and attend all events. Due to the competitive requirements of this program, time on snow is critical. For this reason we have included the Christmas Camp in the season programs. This will give the coaches the opportunity to work with the athletes and put them into appropriate teams prior to the start of the season. All competitive snowboard programs will run for 9 weeks commencing Saturday, January 2 and ending with the Snowboard Club Championships on the weekend of February 27 and February 28th. If you have any questions please do not hesitate to contact Tyler King at: relytgnik@hotmail.com

NOTE: Helmets are mandatory.

8 & up Interclub Freestyle Snowboard Team - 9 weeks

An introduction to fun and friendly superpipe Ski Team and slopestyle (jumps & rails) competitions held at clubs across the escarpment. Skills will be developed to navigate the free-style terrain in any Superpipe or terrain park. Terrain park features include but are not limited to rails, slide boxes and jumps of varying styles and sizes. Parents are encouraged to register confident riders only.

Ratio: 10 to 1

Sat. and Sun. 9:00 to 12:00 & 1:00 to 3:00

Cost \$1184.00 + \$90.00 League Fee =\$1274.00

Cost after Nov. 15 \$1420.00 + \$90.00 League Fee=\$1510.00

8 & up Interclub Race Training- 9 weeks

An introduction to fun & friendly snowboard racing

Ratio: 10 to 1 competitions held at clubs across the escarpment Basic skills will be developed through free Sat. and Sun. riding and gate training.

Ratio: 10 to 1

Sat. and Sun. 9:00 to 12:00 & 1:00 to 3:00

Cost \$1184.00 + \$90.00 League Fee =\$1274.00

Cost after Nov. 15 \$1420.00 + \$90.00 League Fee=\$1510.00

8 & up Interclub Boardercross (SBX) – 9 weeks

An introduction to fun & friendly snowboarding boardercross (SBX) competitions held at clubs across the Escarpment. Basic skills will be developed to navigate the freestyle terrain in any terrain park or SBX course. Terrain park features include but are not limited to rails, slide boxes and jumps of varying styles and sizes. Parents are encouraged to register confident riders only.

Ratio: 10 to 1

Sat. and Sun. 9:00 to 12:00 & 1:00 to 3:00

Cost \$1184.00 + \$90.00 League Fee =\$1274.00

Cost after Nov. 15 \$1420.00 + \$90.00 League Fee=\$1510.00

10 to 18 A.O.S. Teams: Freestyle Team or Boardercross Team -10 weeks

This program will run from late December to Mid March. This program will offer a comprehensive training schedule for serious snowboard competitors wishing to compete in the Association of Ontario Snowboarders events. The option of pre-season and extra training camps will be offered to these athletes, but are not included in the program cost. The program cost includes the 5-day Christmas Camp, and 10 weekends of training. Extra training is strongly recommended for these athletes, and can be purchased through the Individual training day packages.

Sat. and Sun. 9:00 to 3:30

Cost: \$1425.00 After Nov. 15th \$1710.00

For more information please contact Tyler King, Head of Snowboarding Programs at: relytgnik@hotmail.com

8 & up Interclub and AOS Friday Training

For the competitive rider.

Training Begins: Friday, January 8, 2010

Individual Training Days Individual: \$58.00

Package of 4: \$220.00

Package of 8: \$400.00

ADULT SNOWBOARD PROGRAMS

ADULT SNOWBOARD CAMPS Meet by the deck of the main chalet.
SEE 8 WEEK PROGRAM FOR DESCRIPTION

Christmas Camps - December 27 to 31st

Beginner, Intermediate and Advanced 9:45 to 11:15
Cost: \$116.00 After Nov. 15th \$140.00

Race Training 9:30 to 11:30 \$133.00 After Nov. 15th 160.00

Adult New Year's Camp January 2 & 3

Beginner, Intermediate and Advanced 9:45 to 11:15
Cost: \$45.00 After Nov. 15th \$54.00

Race Training 9:30 to 11:30 \$90.00 \$108.00
Cost: \$62.00 After Nov. 15th \$74.50

ADULT SNOWBOARD SEASON PROGRAMS

All programs run for 8 weeks Saturday January 9 to Sunday February 28

Beginner (Never or hardly on a board before)

Learn our new painless technique; individual attention for all participants; in a fun and patient environment. *Please indicate choice when registering.

Time Options: Sat. and/or Sun. 9:30 to 11:45 a.m.

Cost: \$236.00 (one session) After Nov. 15th \$283.20

Cost: \$375.00 (both sessions) After Nov. 15th \$450.00

Depending on the number of registrants this may be limited to only one day, either Saturday or Sunday.

Intermediate

Advanced Daily video-taping sessions with individual feedback and analysis sessions following; great way to see yourself improve daily.

Time Options Sat. and/or Sun. *Please indicate choice when registering.

9:30 to 11:45 a.m.

Cost: \$236.00 (one session) After Nov. 15th \$283.20

Cost: \$375.00 (both sessions) After Nov. 15th \$450.00

Depending on the number of registrants this may be limited to only one day, either Saturday or Sunday.

Advanced Riding

Learn to master the black diamond runs; get air; ride the pipe; intro to freestyle; intro to race; master "switch" and "dynamic" riding techniques; see yourself on video.

Saturday 1 to 3 p.m. Cost: \$236.00 After Nov. 15th \$283.20

Ladies Only Intermediate & Advanced Riding

Specially designed, fun oriented sessions for fun loving women; emphasis on fun in all aspects of riding; video sessions available.

Saturday: 1 to 3 p.m.

Cost: \$236.00 After Nov. 15th \$283.20

Ladies Only Race Training

Ladies in the Fast Lane: Join us for a specially. designed race training program for the girls who like m to push the limits. This program will focus on snowboarding fundamentals as they relate to GS racing. This program will employ video, structured free-riding with lots of mileage and the drills and technical knowledge you will need to confidently run a GS course. This program is open to both soft boot and hard boot racers.

Sundays: 1 to 3 pm

Cost: \$236.00 After Nov. 15th \$283.20

Add the Fun & Glory Races for only \$70.00. Coaches will work with you at each race.

Snowboard Packages - Create Your Own Group, Create Your Own Time, Create Your Own Fun. Minimum of five (5) participants required. Cost will be established based on group size and pro availability. Please contact Snow Programs Administration to reserve.

Intro to Carving Boards

Learn how to ride a carving board with plate bindings; experience the ultimate carving sensation; course limited to introductory and novice carving board candidates.

Sunday: 1 to 3 p.m.

Cost: \$236.00 After Nov. 15th \$283.20

Freestyle

Specially designed sessions for those interested in all aspects of freestyle and park riding.

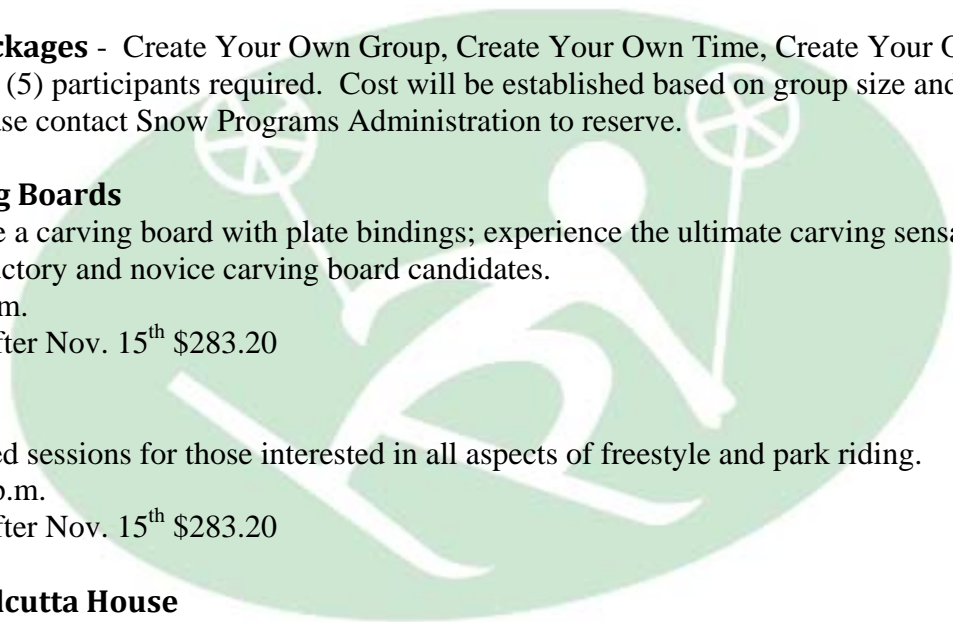
Saturday: 1 to 3 p.m.

Cost: \$236.00 After Nov. 15th \$283.20

Fun & Glory Calcutta House

This program is designed for all levels of racers to have FUN and RACE for GLORY on evenly matched teams. Team selections are determined from Adult Time Trials and past year's races. This program consists of 4 house league races. Training for the Fun and Glory is available as a package. See details below.

League Racing Cost: \$140.00 After Nov. 15th \$166.00



Fun & Glory Calcutta House League Racing & Training

Looking for the best opportunity? This is it! For all levels of racers wanting gate training, Combined experience and coaching to prepare for the Fun & Glory races while improving their riding.

The Fun & Glory League races are included in this program.

Race Schedule TBA

Training times Saturdays 9:15 to 11:00am

Cost:\$310.00 After Nov. 15th \$372.00

Fun & Glory added Bonus for all skiers and snowboarders... This season we are offering all Fun & Glory participants the opportunity to race as both a skier and a snowboarder at no extra cost! If you would like to test your ability and double your Chances as a dual racer, please let us know. Challenge the King and Queen of the hill!

Masters Snowboard Racing

The objective of this program is to focus on snowboarding fundamentals as they relate to GS racing. The intent is to lay the groundwork for further athlete development and competition during the winter season 2010. Drills and mileage will be valuable to both the soft-boot and hard-boot racer and advanced free-rider alike. This program will employ video, structured free-riding with lots of mileage and straight forward drills.

Saturday: 10 to 12 p.m. & 1 to 3 p.m.

\$412.00 +\$ 80.00 AOA fee =\$492.00

\$495.00 +\$ 80.00 AOA fee = \$575.00

Pros in Training

Level 1 and level 2 preparatory courses designed to prepare candidates for the level 1 and level 2 CASI certifications respectively will be available at no cost to staff members and subject to space availability to other members; course qualifies candidates for partial fee credits on CASI courses.

Sunday: 1 to 3 p.m.

Cost: \$135.00 \$160.00

ALPINE SKI RACING

The focus of Alpine's Racing program is on enhancement of skill development and technical excellence. The League teams require a commitment from each athlete to work hard and attend all races, as team results rely on full participation. Teams will be selected based on age, skiing skills, coaches and Head Coaches discretion. Please note that there are no time trials, therefore participation in Christmas Camp is included with Nancy Greene Training Squad, Nancy Greene League, K1 League and K2 for team placement, and therefore is included in program cost.

Don't forget to visit the Alpine website at www.alpineskiclub.com for all the latest news on Racing in the Programs section and watch for weekly Race Programs updates on the racing page of the e-News. For your comments and feedback please contact your Race Committee at the racing@alpineskiclub.com email address. **All race athletes and families are strongly encouraged to register for Alpine Ontario's Raceline newsletter at www.alpineontario.ca**

JUNIOR SKI RACING CAMPS All camps meet in front of the main chalet.

Pre-Season Race Camp -December 21 TO 23

TIME: DAILY 9:30 TO 3:30 · 1 HOUR LUNCH

Not included in season program

7 to 14

Open to all racers looking to further their ski racing abilities.

Cost:\$195.00 After Nov. 15th \$234.00

Christmas Camp- December 27 TO 31

TIME: DAILY 9:30 TO 3:30 · 1 HOUR LUNCH

All league programs include Christmas Camps

March Break Camp March 15 TO 19

TIME: DAILY 9:30 TO 3:30 · 1 HOUR LUNCH

7 to 14

Open to all racers looking to further their ski racing abilities.

Cost: \$325.00 After Nov. 15th \$390.00

JUNIOR SKI RACING SEASON PROGRAMS

All League programs start Saturday January 2nd,

HELMETS ARE MANDATORY FOR ALL RACE PROGRAMS.

AGE REQUIREMENTS FOR PROGRAM AS OF DECEMBER 31, 2009.

NOTE: Start times for Sundays - 9:30 A.M.

7 & 8 Nancy Greene Training Squad -10 weeks

An introduction to team racing and race training. Skills will be developed through free ski training and gate training. The athletes will be divided into teams grouped by skill set and age during the Christmas Camp which is included in the cost. These athletes will race in 4 races. Three of the races will take place at Alpine and one race at another escarpment club. The races will start the second week of the program.

Saturdays: 9:00 to 3:00 p.m. Sundays: 9:30 to 2:30 p.m. 1 hour lunch - 11 to 12

Cost: \$1122.00 + \$24.00 AOA fee = \$1146.00

Cost after Nov. 15th \$1346.00 + \$24.00 AOA fee = \$1388.00

9 & 10 Nancy Greene -10 weeks

An introduction to team racing. Skills will be League developed through inter-club racing. The race will be 1 Stubbie SL, 1 Panel SL, 1 Kombi, 1 GS 10 weeks and 1 terrain competition and skill development Team selection will take place during the Christmas Camp, which is included in cost.

Races will start the 2nd weekend in January.

Saturdays: 9:00 to 3:00 p.m. Sundays: 9:30 to 2:30 p.m. 1 hour lunch - 11 to 12

Cost: \$1184.00 + \$ 158.00 AOA fee = \$1342.00

Cost after Nov. 15th \$1420.00 + \$158.00 AOA fee = \$1578.00

11 & 12 K1 League -10 weeks

Continued development in a team environment Races will be 1 Stubbie SL, 1 GS, 1 Panel SL 1 Kombi, back to back on a weekend followed Saturdays: by 2 weekends of training for slalom which will follow back to back. G.S. Races will start the 2nd week of January. Team selection will take place during the Christmas Camp which is included in the cost.

Saturdays: 9:00 to 3:30 Sundays: 9:30 to 3:30 p.m. 1 hour lunch - 11 to 12

Cost: \$1265.00 + \$179.00 AOA fee = \$1444.00

Cost after Nov. 15th \$1518.00 + \$179.00 AOA fee = \$ 1697.00

All racers have the opportunity to qualify for K1 Provincial Championships, not included in season cost. NOTE: Team t-shirts included for all League Racers.

All-inclusive K1 Program

This program is for the serious K1 athlete looking to move on to K2 individual. For more information please contact Jason Manning.

The all inclusive program for K1 athletes include, all coaching costs, Basic K1 program, Mont Sainte Anne Camp, New Year's Camp, March Break Camp and all Friday Training. Not included in the cost are race entry fees and travel costs after the Mont Sainte Anne Camp.

\$3500.00

NOTE: Additional AOS fees for K1 Individual Athletes:

Technical Events will cost \$35.00 per race and Speed

Events will cost \$60.00.

Both are payable to the Club.

Thursday/Friday Training

Training Begins: January 8, 2010

Individual: \$58.00 Package of 4: \$220.00 Package of 8: \$400.00

Pre-paid packages are good for one participant and are not transferable. Included in all A.O.S fees are 8 raffle tickets. More tickets are available for purchase in the Snow Programs Office. Good luck to all our A.O.S competitors. For a prize list visit the A.O.S website.

K2 PROGRAMS OPTIONS

All athletes who are 13 & 14 are considered K2 racers regardless of which program they choose to race in, Team or Individual.

13 & 14 K2 TEAM LEAGUE -10 weeks

A team environment for 13 & 14 year olds. Races will be 2 GS, 2 SL, and an All-Star event. The option of pre-season camps will be open to athletes. Christmas Camp is mandatory for these athletes, and is included in program cost.

Saturdays: 9:00 to 3:30 Sundays: 9:30 to 3:30 p.m. 1 hour lunch - 11 to 12

Cost: \$1265.00 + \$179.00 AOA fee = \$1444.00

Cost after Nov. 15th \$1518.00 + \$179.00 AOA fee = \$ 1697.00

13 & 14 K2 INDIVIDUAL SERIES

K2 Individual Series This program offers the individual athletes high performance training, through the K2 Individual Series. Training at this level is a minimum 3 day per week season program. For most second year K2's it requires a 4 day, per week on-hill commitment. Fall Camps and Season Camps are also a strong component of this program. The Mont Sainte Anne camp in December is included in the program cost. All K2 Individuals MUST participate in the Fall Fitness testing as outlined by AOA. This program requires not only an on snow commitment to race training, but also to a dryland program that will help ensure the fitness level and strength training required to be successful in ski racing.

Once an athlete commits to race in an Individual series, he/she as well as their parents must realize that this decision is a commitment of time, and resources. The athlete should commit to off season dryland training as well as both on and off snow training from November to the end of April. The opportunity to qualify for additional races is available. Uniforms are provided in this program.

- **Athletes are responsible for paying AOS directly for their**
- **National Points card.**
- **Fitness testing is not included in the fees.**
- **Technical Events will cost \$35.00 per race, payable to the Club.**
- **Speed Events will cost \$60.00 per race, payable to the Club.**

Please note: The Alpine Ontario South K2 committee has implemented minimum recommendations to race in the individual series. The minimum will be as follows; athletes must participate in the AOS fall fitness testing, a 7-day pre-season ski camp (which is why December Camp is included in the cost), and 3-day a week program during the winter ski season.

Program Cost: \$6000.00

J SERIES PROGRAMS

J1 athletes are any ski racers who are 15 & 16 years of age.

J2 athletes are any ski racers who are between the ages of 17-19

J WEEKEND PROGRAM

The J Weekend Program is designed for those athletes who want to continue to race and train with a lesser time commitment. This weekend program is based on 9 weekends including plus Christmas Camp, New Years Camp and coaching for all the Alpine Ontario series races.

The Alpine Ontario series includes 3GS, 3SL and 2SG. Additional Invitational races will be available to these athletes throughout the season. Training is available on Fridays at a cost of \$60.00 per day. The option of the Mont Sainte Anne Pre-Season Camp is available to these athletes. Please note that dry-land training and uniforms are not included in this program.

- **Athletes are responsible for paying AOS directly for their National Points card.**
- **Fitness testing is not included in the fees.**
- **Technical Events will cost \$35.00 per race, payable to the Club.**
- **Speed Events will cost \$60.00 per race, payable to the Club.**

J WEEKEND PROGRAM

Cost: \$1750.00 Cost after Nov.15th: \$2100.00

MONT SAINTE ANNE PRE-SEASON CAMP

December 12th to 20th, 2009

Cost: \$1750.00

J SERIES EXTENDED SEASON PROGRAM

The J Extended Program is designed for the athletes who want to race and train at a higher level of intensity than the Weekend Program currently offers. The program is based on working with a dedicated coach from December to the end of March. In addition to all weekends and Fridays (through the competitive season) the program also includes the Mont Sainte Anne Camp, Christmas Camp, New Years Camp, March Break Camp and coaching on all race days. The athletes will compete in the Alpine Ontario J series which includes 3GS, 3SL and 2SG. The option of racing local FIS races and other invitational races will be available to these athletes.

Please note that dry-land training and uniforms are not included in this program.

- **Athletes are responsible for paying AOS directly for their National Points card.**
- **Fitness testing is not included in the fees.**
- **Technical Events will cost \$35.00 per race, payable to the Club.**
- **Speed Events will cost \$60.00 per race, payable to the Club.**

Cost: \$4250.00

Including the Mont Sainte Anne Pre-Season Camp
December 12th to 20th, 2009

Escarpment Team:

The curriculum includes on-snow coaching November 1 to April 30 as well as off-hill physical training. The athletes will race in the AOS J1/J2 series, Regional FIS races, the Pontiac Cup in January, and the Ontario Championships in late February or early March. The athletes in this program will have the opportunity to qualify for out of province races, pursuant to AOA guidelines. The other races that the team may target are the Mont-Sainte Anne Speed Week and the Quebec Spring Series. This is an all-inclusive coaching package for all races and training.

Costs for qualifying race series are not included.

For more information contact Jason Manning at jason.manning@sympatico.ca



ALPINE SKI CLUB
RELEASE OF LIABILITY AND WAIVER OF CLAIMS
FOR ADULT PARTICIPANT

NOTE: By signing this release, you will waive certain legal rights, including the right to sue.

I the undersigned Participant am aware that my participation in the ski program will involve many risks, hazards and dangers that are inherent to the sport.

I accept and fully assume all risks, hazards and dangers including without limitation the possibility of personal injury, death, property damage or loss resulting therefrom, regardless of any negligence that may be attribute to the Alpine Ski Club of Toronto (herein referred to as "Alpine"), its employees, agents, officers, directors and representatives (all of whom are hereinafter collectively referred to as "the Releasees").

In consideration of Alpine allowing me to be a participant in its ski program and to use its facilities, I hereby agree as follows:

1. To waive any and all claims that I have or may have in the future against the Releasees.
2. To release the Releasees from any kind of claim or liability for any loss, injury, damage cost or expense that I may suffer as a result of my participation in the programs or use of the facilities provided by Alpine, and/or from and any act or omissions by the Releasees howsoever caused, including without limitation resulting from negligence on the part of Releasees.

I acknowledge that I have read and understood this agreement prior to signing it and I am aware that by signing it I am waiving certain legal rights which I may have against the Releasees.

Participant Name

Date

Participant Signature

Witness

ALPINE SKI CLUB
RELEASE OF LIABILITY AND WAIVER OF CLAIMS
FOR CHILD PARTICIPANT

NOTE: By signing this release, you will waive certain legal rights, including the right to sue.

I am over the age of 18 years old and I represent myself as the legal Parent or Guardian of

_____ (Hereinafter referred to as “the child”).
NAME OF CHILD

I am aware that the participation of my child in the ski program will involve many risks, hazards and dangers that are inherent to the sport.

I accept and fully assume all such risks, hazards and dangers and the possibility of personal injury, death, property damage or loss resulting there from to the child, including any arms as the result of any negligence that may be attribute to the Alpine Ski Club, its employees, agents, officers, directors and representatives (all of whom are hereinafter collectively referred to as “the Releasees”).

In consideration of the Alpine Ski Club accepting the child as a participant in their ski program and allowing the child to use their facilities, I hereby agree as follows:

1. To waive any and all claims that the child or I have or may have in the future against the releasees.
2. To release the releasees from any kind of liability for any loss, injury, damage or expense that the child or I may suffer as a result of the child’s participation in the program or use of the facilities, howsoever caused, including negligence on the part of releasees and any act or omissions by the releasees.

I have read and understand this agreement prior to signing it and I am aware that by signing it I am waiving certain legal rights which I and/or the child may have against the releasees.

Parent/Guardian Name

Date

Parent/Guardian Signature

Witness