

FUNdamentalz AGES 8-10
10 weeks Saturday or Sunday 9am-3pm
\$750 + \$75 Volunteer Deposit

COACHING FEES + COACH TRAVEL FOR COMPETITIONS ARE ADDITIONAL

Fundamentalz rostering is based on 'best team fit' not preferred session time.

Desirable session times will be considered at registration. All athletes will be placed in suitable groups based on age, ability, and friends they would like to ski with.

PROGRAM DESCRIPTION	FUNdamentalz is our introductory program developed by the Canadian Freestyle Ski Association. Skiers are taught mountain safety, all-terrain skiing and jumps and bumps skills. The sessions will cover all of the basics needed to build your skills as a Freestyle skier; including how to stand strong, carve a ski, safely hit your first jump, learn some tricks, begin to master a mogul course and an introduction to the Terrain Park.
FOCUS	Building the basic skills needed to progress in the sport of Freestyle skiing including introductions to skiing on moguls, introduction to the terrain park, learning to jump, and mountain safety. https://sportforlife.ca/stages/fundamentals/
What SKILLS should your athlete have to enter this program?	Basic Skiing: <ul style="list-style-type: none"> • Parallel skis with the ability to stop, turn, and control speed. • Spatial awareness when on the hill and not reliant on someone to guide them down the hill. • Participants must be able to load the chairlift unassisted, take care of their own equipment
What SPECIFIC SKILLS are taught in this program?	Basic Skiing: <ul style="list-style-type: none"> • Body position and alignment for 3/4 of the turn. • Steering and edge control. • Body control and balance through flex and extension. • Sequencing turns and stops with speed control. Park: <ul style="list-style-type: none"> • Skiing switch (backward). • Sliding on small tubes and box features. • Skiing small jumps with good body position. Air: <ul style="list-style-type: none"> • Small straight jumps with good stance and pop. • Straight jumping with various grabs. • Landing jumps with balance and body control. Moguls: <ul style="list-style-type: none"> • Sequencing turns on flat runs, progressing to easy moguls. • Progressing to flexing and extending through easy moguls. • Body position and pole planting through easy moguls.
COMPETITION & EVENTS: What are the expectations?	The athletes are encouraged to participate in local events as an introduction to competition and a focus on FUN! Events such as The Sun Peaks Resort Stoke Series, the SPFC Knuckle Huck.
FUNdamentalz Philosophy	It is the goal for kids in this program to have fun and get excited about skiing freestyle. We coach athletes to their potential and work within the skills matrices to do so. Athletes may progress to Freestylerz as soon as their stamina, competency, maturity, and coach-ability allows.

