



ALPINE TRAINING TEAM

For more information, please contact 406-446-2610 or Lessons@RedLodgeMountain.com

Our Mission Statement is the underlying theme for everything we do in the Training Team program. We strongly believe that there is no better program for building strong skiing skills, as well as the exposure to positive role models. Weekly training will focus on the four major skills of balance, edging, pressure and turn shape, as well as providing opportunities for off-piste and bump skiing. We will work diligently with your child to help them become solid all-mountain skiers, along with introducing racing skills and tactics in a lightly competitive approach providing success for each child.

Training Team Mission: The Red Lodge Mountain Resort Training Team teaches strong, basic skiing skills while improving athletic condition and confidence through hard work and dedication to the sport. We provide experiences that encourage positive social development and sportsmanship while promoting awareness of mountain safety and etiquette, all while having fun along the way.

Dress: Please ensure your child is dressed for weather conditions. Skiers who are cold cannot learn at their optimum level! If coaches determine that a skier is not dressed for the weather conditions, they will attempt to locate the parent and release the child for the day.

Races: The Hancock Cup Races are Youth Ski Races open to the public (ages 7-13). The training Team will participate in two of these races. Races are put on the Silver Run and details will be announced at the Parent Meeting

Attendance: The Training Team emphasizes teaching progressions of skiing fundamentals. In order to maintain lesson cohesiveness and continuity, we require regular and consistent attendance. If your child is going to miss a training day, please call the Snowsports School (406-446-2610 ext. 203) so that the group will not be delayed in waiting for their arrival. If your child is late for some reason, please take them to the learning area where Snowsports staff will attempt to locate their group. If this is not possible, please bring your child to the afternoon training time.

Levels and Evaluation: Based on the following criteria, participants will be assigned to a group and given a group colour:

- Skill Development
- Safe and Courteous Skiing
- Leadership
- Attendance
- Attentiveness & Group Participation

Mid-term evaluations will be presented to parents on February 7, 2010. Final evaluations will be presented on the last day of class or mailed directly after.

Schedule

- 9:45 a.m. - Morning Meeting Time @ Learning Area
- 10:00 a.m. - Training Begins
- 11:45 a.m. -- Noon - Lunch (unsupervised)
- 12:15 a.m. - Afternoon Meeting Time
- 12:30 a.m - Training Resumes
- 3:00 p.m. - Training Day ends (Pick-up @ Learning Area)