

2023  2024

# MEMBER PROGRAMS

## RECREATION & COMPETITIVE PROGRAMS

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# Welcome to the 2023 - 2024 Ski Season

Welcome to the 2023 – 2024 winter season.

What a great season we had last year. It was great because we had what we could call a “normal” season. People were able to enjoy social events and ride lifts and participate in programs with no restrictions. After two plus years of operating from the parking lot chalets, aka your vehicles, to having full attendance indoors sure was a welcome relief.

We were also able to welcome in many new members and were able to share the amazing Club that Caledon is with new families, and we look forward to welcoming you all back for another great season.

One big change that we are implementing this year is that there will not be a brick-and-mortar Ski Swap. There are several reasons for this change. Chief among those reasons is the dwindling number of items that are being put up for sale. A not great selection of items and therefore a reduced amount of money for the Athlete Development Fund we decided to try a different approach. We recognize that there are many people that look forward to this event, so we plan to maximize our Facebook Market Place for you to shop in advance and then use the Annual General Meeting Day for an event to exchange items. That day will also include our Recreation and Competitive staff being available to answer your questions with regards to proper programming selection for the coming season.

We reflected further on some of the changes that we implemented over the past few years and will continue to make adjustments where they are necessary. The schedule that we created last year with three start times in the recreation programs worked very well for staff and members so we will continue with those times you will see in the details to follow.

If you have a child that is interested in becoming a staff member this coming season please have them reach out to us in the Alpine Development office at [alpine.dev@caledonskiclub.on.ca](mailto:alpine.dev@caledonskiclub.on.ca) and we will assist with next steps. There is a minimum age of 14 for Ski Instructing, 15 for Snowboard Instructing and 16 for Coaching.

This coming season the Recreation department will be able to hold the line on program costs as well as for private lessons. This fee still ensures that Caledon is one the lowest cost options for private lessons of all the private Ski Club's and most definitely compared to public areas. There will be an increase in after deadline registrations (late fees) and you may not get the program time you are looking for as we get closer to the season.

The Competitive department will see changes in program fees but will be limited to a 4 % increase. This will allow us to cover our program costs and to ensure we have the ability to add much needed equipment. You may notice some programs have a bigger jump in prices and this is due to a significant change in what is being offered and included. We ask that you register early to manage your costs and to allow us ample time to work through our scheduling requirements.

Look for registration to open on October 16<sup>th</sup> following the “open house” type event at the Annual Meeting

**PLEASE NOTE THAT SOME PROGRAMS FILL UP VERY QUICKLY. WE DO OUR BEST TO MAKE SURE THAT YOU GET THE PROGRAM TIME THAT YOU WANT. REGISTER FOR PROGRAMS (TRAILBLAZER – SNOW BEAR – U10 - YRT) AS SOON AS REGISTRATION OPENS.**

Due to organization and planning we will not be offering guaranteed registration AFTER December 1 for Camps 1 and 2. Registration for the Weekend programs will not be guaranteed after December 15. Please ensure all registration for programs beginning on January 6 and 7 are completed prior to December 15.

We are excited to see you at the Club events and as the season gets underway.

## REGISTRATION INFORMATION

Member registration is **OPENING – October 16, 2023 @ 12:00 PM**

**Register online – Log in to your Member Account.**

The Alpine Development Department will require two weeks to process your registration to allow students to be placed in the appropriate group. Please note that we may not be able to accommodate your late registration. All programs must have adequate enrollment in order to be run by the Alpine Development Department.

**Payment & Registration** – Two weeks prior to the Registration opening you are required to have your **Annual Dues paid in full and Winter Waiver for all family members completed**. After **Membership** payment and all other documents are received the Alpine Development Department will require **TWO WEEKS** to process your program registration. **Program payment is due at the time of registration**. Students will not be added to the program until payment is received and spots cannot be held for a student without full payment. Payment is accepted in the form of Cheque, Debit, Visa, MasterCard or Amex. If you wish to pay by cheque or Debit please stop by the Alpine Office to register.

**Early Bird Pricing** – Register before October 31st to get Early Bird Pricing. Prices increase on October 31st and on November 22<sup>nd</sup>, and on December 15<sup>th</sup>. Price increases are listed in each program where applicable.

**Emergency Contact Information** – When registering online, please ensure your phone numbers in your Member Profile are current. We require the cell number of the guardian(s) who will be at the hill most frequently with your children. Remember to have your phone switched on and check frequently, should we need to contact you.

**Friend Requests** - Please note that we will do our best to have your children grouped with their friends. You can add this request in the “notes” section when registering online. Please note that grouping is done based on the participants’ ability. This important step will help ensure that your children will improve and have fun at the same time! Both children’s parents need to make the request for it to be considered.

**Skill/Ability Level** - Students are evaluated the first day of class and may move from one level to another to facilitate a better learning environment in order to develop their skills. Please complete the ability level to the best of your knowledge as this will help us with the initial grouping.

**Refunds / Cancellations** - The Member experience at the Club is of utmost importance to us in the Alpine Development Program. We want you to know that once registered in our programs your investment will be protected should we be forced to make alterations to what we offer. **Our policy in general is that a prorated refund will be applied without any administration fees** should we have an unexpected end to the season. Where certain programs experience additional costs beyond the cancellation date, the refund will be subject to those costs. Refund of **Camp Programs** cancelled **before December 1<sup>st</sup>** will be **100% less \$50 Administration Fee**. Cancellations **after December 1<sup>st</sup>** will be a **50% Refund less \$50 Admin Fee**. Cancellations of the **8wk programs** on or **before December 15<sup>th</sup>** will be **100% less \$50 Admin Fee**, cancellations **after December 15<sup>th</sup> and before the start date** will be **50% Refund less \$50 Administration Fee**.

**Program Changes** – Changes after week 1 are at the discretion of the Club. Changes to registrations are subject to a \$50 Administration Fee. A “*Program Change Form*” obtained from the Alpine Office must be given to the Supervisor of the new Program before the student can join the class.

**Missed Classes** - If a class is cancelled a make-up class will be scheduled when possible. If your child is absent from a class there is no make-up provided. **Due to the large number of children enrolled and to ensure our students remain within a safe student/teacher ratio, we cannot accommodate movement from one day to another or switching afternoon and morning group times.**

**Confirmation & Receipts**- If you do not get a confirmation e-mail within 48 hours please contact the Alpine Development Office to ensure you are registered.

Alpine Development Office 519 927-9975 [alpine.dev@caledonskiclub.on.ca](mailto:alpine.dev@caledonskiclub.on.ca)

## REGISTRATION DEADLINES

Due to program organization and staffing assignments, we have set two deadlines for completion of your program registration.

**Deadline #1 is December 1, 2023** and applies to the Christmas Camps beginning December 27, 2023 and January 2, 2024. You will not be able to register online for those camps after December 1 and will incur a further Administration fee if we are able to accommodate your request.

**Deadline #2 is December 15, 2023** and applies to the eight-week programs beginning January 6 and 7. You will not be able to register for programs online after this date for programs starting on January 6 and 7 and registration is not guaranteed after this date.

If we are able to accommodate your request after December 15, students will only be able to start the programs on January 13 or 14 weekend if there is space available and will be subject to an Administration fee.

**Early Bird pricing ends October 31st.** All programs (except where indicated) are subject to a price increase noted in program details. All students registered at least two weeks in advance will be able to join the class (space permitting). Due to class organization and safety we cannot guarantee that your child will be admitted to the program if registration is made within two weeks of the start date.

## Corporate Group Events and Lessons



Please contact Sue Hoch at [sdhoch@caledonskiclub.on.ca](mailto:sdhoch@caledonskiclub.on.ca) for information on booking your next corporate event. We offer a full-service event that can include rentals, lessons, gate training and racing, food services and much more.



## PRIVATE LESSONS

*Private and semi-private lessons can be arranged for individuals for half hour or one hour time frames.*

*A series of five lessons may be used by multiple family members, Caledon MEMBERS ONLY.*

We appreciate when your guests use the Snow School for private lessons and encourage you to have them reach out to us at [alpine.dev@caledonskiclub.on.ca](mailto:alpine.dev@caledonskiclub.on.ca) to pre book their lessons. To ensure that we have staff available to help make the most of their time at Caledon have them contact us one week prior to coming to the Club. The following pricing does not include the Guest Lift Ticket. Guests are required to be on the Caledon Reservation List **before** scheduling a Private lesson. Guests are permitted up to 4 times on weekends and 10 times on weekdays during the season.

Please check in for each lesson 20 minutes prior to the start of the lesson at the Alpine Office in the Main Lodge.  
MEETING LOCATION – Private Lessons meet at the Annex Trail Map Sign

All lessons in a series must be used by the end of the season. We are unable to carry unused lessons forward to the next season. Private Lessons can be **Pre-Booked two week in advance**.

**Cancellations or Changes** require 48hours notice for a 100% Refund.

Failure to Cancel or Change the private lesson by this Deadline, will result in a \$30 No Show Charge.

### **Payment is due at the time of Booking**

#### **Child (13 and under)**

1 hour \$85

Each Additional Person \$30/hr

#### **Adult (14+)**

1 hour \$100 (+ hst)

Each Additional Person \$40/hr

### **For Members Only a series of 5 lessons:**

#### **Child (13 and under)**

5 pack/1 hour \$400

Each Additional Person \$150

#### **Adult (14+)**

5 pack/1 hour \$475 (+ hst)

Each Additional Person \$200



Alpine Development Office 519 927-9975 [alpine.dev@caledonskiclub.on.ca](mailto:alpine.dev@caledonskiclub.on.ca)

Member Services (Annual Dues, Winter Waivers) 519 927-5221 x228 [memberservices@caledonskiclub.on.ca](mailto:memberservices@caledonskiclub.on.ca)

## PROGRAM DATES

**CAMP 1** (4 days) December 27 - 30

**CAMP 2** (3 days) January 2 - 4

**CAMP 3 - MARCH BREAK CAMP** (4 days) March 11 - 14

**Competitive** Extended Programs begin December 27.  
Running for 11 or 13 consecutive weeks.

Weekend Programs begin Saturday January 6 & Sunday January 7.  
Running for 8 consecutive weeks ending February 24/25.

**Recreation** Weekend Programs begin Saturday January 6 & Sunday January 7  
Running for 8 consecutive weeks ending February 24/25.

**Mid-Week** Programs begin on Thursday January 11 and Friday January 12  
Running for 7 consecutive weeks ending February 22/23. Please note final Club calendar (Men's and Ladies Day) may alter this schedule.

## Family Day Weekend

**RECREATION** and **COMPETITIVE** programs **WILL** run over the Family Day Weekend



## RECREATION SKI PROGRAMS

***These 8 week programs begin on January 6th and 7th and end on February 24th and 25th. These programs will run on Family Day Weekend. All AGES are as of December 31, 2023***



### Snow Bears, Age 3 & 4 (Born 2020 & 2019)

**Group 1 - 9:45 – 11:00 or**

**Group 2 - 11:15 - 12:30**

This 1.25 hour program centers on making the first experiences a positive one with lots of fun built in. Your children will have a blast learning new skills and meeting new friends. **This is a Parent and Child Program. A parent or Guardian is required to be on skis with their child during lesson time.**

MEETING LOCATION – Program will start behind the Main Lodge at Kids Buel.

Choose **one** of the 2 Time periods. Approx. Ratio 4:1.

**Note: Times are NOT interchangeable and please only register for one group per day.**

<u>Period</u>	<u>Oct 16-Oct 31</u>	<u>Nov 1 – Nov 21</u>	<u>Nov 22 – Dec 15</u>	<u>December 15</u>
Camp 1 & 3	\$150	\$225	\$325	Contact
Camp 2	\$115	\$190	\$290	Office for
Sat or Sun	\$300	\$375	\$475	Availability

### Trailblazers, Age 4, 5 & 6 (Born 2017 & 2018 & 2019)

**Group 1 - 9:30 – 11:30 / Group 2 - 10:30 - 12:30 / Group 3 - 1:30 - 3:30**

Through innovative age appropriate techniques we help build the skills and confidence your child needs while exploring the terrain! A two-hour program for new to advanced junior skiers. Safety and skills are taught in a fun and encouraging atmosphere in order to create a positive learning experience. Children are grouped by age and ability level. We are keeping the Ratio low again this year so instructors can manage the lifts safely and provide more individual attention. Approx. Ratio 3:1

MEETING LOCATION – Program drop off behind Main Lodge Kids Buel and pick up is at the Annex Racks.

**Note: Times are NOT interchangeable**

<u>Period</u>	<u>Oct 16-Oct 31</u>	<u>Nov 1 – Nov 21</u>	<u>Nov 22 – Dec 15</u>	<u>December 15</u>
Camp 1 & 3	\$320	\$395	\$495	Contact
Camp 2	\$240	\$315	\$415	Office for
Sat or Sun	\$640	\$715	\$815	Availability

## Mountain Explorers - Ages 7-13 (Born 2016 - 2010)

**Group 1 - 9:30 – 11:30 / Group 2 - 10:30 - 12:30 / Group 3 - 1:30 - 3:30**

The perfect program for the busy family that has lots on the go and needs to fit ski lessons into their hectic schedule. We continue to help build the skills and confidence your child needs while exploring more challenging terrain! Skiers will be exposed to all disciplines of skiing with an emphasis on skill improvement in a terrain assisted development format. Approx. Ratio. 8:1

**Friend Requests** - Please note that we will do our best to have your children grouped with their friends. You can add this request in the “notes” section when registering online. Please note that grouping is done based on the participants ability, this important step will help ensure that your children will improve and have fun at the same time! Both children’s parents need to make the request for it to be considered.

MEETING LOCATION – Program drop off and pick up the bottom of Kendall’s Kandihar.

**Notes: Groups are NOT interchangeable**

*Children aged 7-9 require written acknowledgement that they can be released from class on their own if you prefer this option. For children 10 and over, if you do not want them released at the end of the session on their own please notify the office.*

<u>Period</u>	<u>Oct 16-Oct 31</u>	<u>Nov 1 – Nov 21</u>	<u>Nov 22 – Dec 15</u>	<u>December 15</u>
Camp 1 & 3	\$240	\$315	\$415	Contact
Camp 2	\$180	\$255	\$355	Office for
Sat or Sun	\$480	\$555	\$655	Availability

## Mountain Teens - Ages 13-16

**CAMP 1    1:30 - 3:30                      CAMP 2    1:30 - 3:30                      SATURDAY or SUNDAY    1:30 - 3:30**

This program focuses on a fun and interactive ski experience for teens aged 13-16. Novice and Intermediate skiers will be exposed to a variety of terrain with emphasis on skill development. Perfect for those new to the Club and wanting to explore the hills and improve their skiing. Depending on ability level, there may be some exposure to assisting ski school classes to prepare your teen to become an instructor.

MEETING LOCATION – Program drop off and pick up the bottom of Kendall’s Kandihar.

**Notes: Times are NOT interchangeable**

<u>Period</u>	<u>Oct 16-Oct 31</u>	<u>Nov 1 – Nov 21</u>	<u>Nov 22 – Dec 15</u>	<u>December 15</u>
Camp 1	\$240	\$315	\$415	Contact
Camp 2	\$180	\$255	\$355	Office for
Sat or Sun	\$480	\$555	\$655	Availability



## U7, Age 6 (Born 2017)

**SESSION TIME** 10:30 – 12:30 & 1:30 - 3:30

This U7 group is for those kids looking for a full day program with exposure to more Race training environments. The 3:1 ratio is designed to allow for optimal development in a safe manner. Training alongside our U8 programs as well as independently free ski training will provide a great opportunity for learning. This program is designed for a "strong" skier comfortable on all sorts of terrain. An assessment of your child's ability level is mandatory prior to the start of the program.

**Prerequisite for Participation:** Registration to one of the two Skill Assessments. Dates scheduled December 23rd or December 30<sup>th</sup>. Registration is available online.

At the Skill Assessment the Coach/Evaluator will be looking for a Parallel skier that can carry a Good Speed. Can follow verbal and or demonstrated directions. Some of the skills evaluated will be Balance/Parallel skiing on Blue Runs, Hockey Stops, Rocking Horse – Balance/Edge Set, Lift/Pump Inside Ski – Parallel.

**SKILL ABILITY** – Program participants are comfortable skiing on most terrain at Caledon at a reasonable pace, are in control on steeper terrain, can skate on the flats and be able to load/unload chairlifts with minimal assistance. Demonstrates Snow Stars Level 2 skills. Here is a [VIDEO EXAMPLE](#) of a U7 level skier,

**Please note** – skiers not able to attend an Assessment time prior to the start of the program will be evaluated on the 1st weekend of programing in the Trailblazer program and will join the U7 program on the 2nd weekend (January 13 or 14).

MEETING LOCATION – Program drop off and pick up the bottom of Kendall's Kandihar.

**Note:** *Times are NOT interchangeable*

<u>Period</u>	<u>Oct 16-Oct 31</u>	<u>Nov 1 – Nov 21</u>	<u>Nov 22 – Dec 15</u>	<u>December 15</u>
Saturday or Sunday	\$900	\$975	\$1075	Contact Office For Availability



# Apprentice Instructor (not certified)

## Ages 13-15

### Program Periods:

8 week program Saturday January 6<sup>th</sup> – February 24<sup>th</sup>

8 week program Sunday January 7<sup>th</sup> - February 25<sup>th</sup>

### Program Times:

Group 1 - 9:15 – 11:30 & 1:30 – 3:00 or

Group 2 - 10:15 - 12:30 & 1:30 – 3:00

MEETING LOCATION – Program drop off and pick up is at the Annex Racks.

This is a morning and afternoon program. Apprentice instructors will observe and assist in either the 9:30 or 10:30 group and will participate together in the 1:30 group. The morning will be spent learning about class control and organization, skills and drills, as well as making the class fun and developmental. The afternoon session will help to develop their understanding of skiing principles and techniques. Completion of the entirety of this program will allow the students to take a one-day course certification as opposed to the usual three-day course. To take the one-day certification, the apprentice will require the support of the Supervisor or Program Director.

<u>Period</u>	<u>Oct 16-Oct 31</u>	<u>Nov 1 – Nov 21</u>	<u>Nov 22 – Dec 15</u>	<u>December 15</u>
Sat or Sun	\$100	\$100	\$100	\$100

*Please contact the Snow School office at 519-927-9975 for more information on how to become an Apprentice Instructor at Caledon and what is involved in the program.*

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**Skill/Ability Level** - Students are evaluated the first day of class and may move from one level to another to facilitate a better learning environment in order to develop their skills. Please complete the ability level to the best of your knowledge as this will help us with the initial grouping

**U6 Ski Recreational Skill Levels:**

- Level 0:** Never skied before
- Level 1:** Comfortable & Happy on the Carpet Tow Hills
- Level 2:** Can turn and stop on Eaton's Annex/Kendall's Kandihar (Green Runs)
- Level 3:** Comfortable skiing anywhere at Caledon (skis may be in Wedge position)
- Level 4:** Controls speed on all runs, parallel skis achieved Larry's Line & Soules (Blue Runs)

**U12 Ski Recreational Skill Levels:**

- Level 0:** Never skied before
- Level 1:** Skis in control but cautious on West Hill/Eaton's Annex (Green Runs)
- Level 2:** Controls speed on Larry's Line, sometimes parallel skis achieved (Blue Runs)
- Level 3:** Controls speed but cautiously, parallel skis achieved on Steep Side (Black Runs)
- Level 4:** Proficiently skis Steep Side (Black Runs) and Skis maintain parallel position on all Black Runs

**Adult Ski Skill Levels:**

- Level 0:** Never skied before
- Level 1:** Skis in control but cautiously on West Hill / Eaton's Annex (Green runs)
- Level 2:** Controls speed on Larry's Line, sometimes parallel skis achieved (Blue runs)
- Level 3:** Skis in control but cautiously on Steep Side (Black runs)
- Level 4:** Proficiently skis Steep Side and skis maintain parallel position

**COMPETITIVE PROGRAMS:**

Please visit the information page for your Competitive Program of choice for more detailed skill ability information and video example.

**Racing Programs:**

Program participants are parallel skiers confidently skiing on a variety of terrain with some speed and are able to load/unload chairlifts independently.

**Freestyle Programs (Moguls & Slopestyle – Ski):**

Program participants are parallel skiers, confidently skiing on blue terrain and above and are able to load/unload chairlifts independently.

**Snowboard Cross Program (SBX):**

Program participants are advanced snowboarders confidently riding on all terrain with some speed and are able to load/unload chairlifts independently.

## ADULT PROGRAMS

### Caledon Masters Ski, Ages 18+

**Saturday, Sunday**      11:00 – 12:30 or 1:30 – 3:00

**Camps**                      1:30 – 3:00

**Thursday and Friday**    10:30 to 12:00

A group program designed for novice skiers and above. This is a fun and encouraging group that helps develop skills to all students to ski comfortably on all terrain at Caledon.

For adults that are below novice ability (Level 0 & Level 1) we recommend private lessons. Our experience with teaching adult beginners is that a one to one approach is most advantageous.

The **Mid-Week Masters** will run on **Thursday and Friday** for 7 sessions from **10:30 - 12:00** starting Jan 11 & 12.

<u>Period</u>	<u>Oct 16-Oct 31</u>	<u>Nov 1 – Nov 21</u>	<u>Nov 22 – Dec 15</u>	<u>December 15</u>
<b>Camp 1</b>	<b>\$140</b>	<b>\$215</b>	<b>\$315</b>	<b>Contact</b>
<b>Camp 2</b>	<b>\$105</b>	<b>\$180</b>	<b>\$280</b>	<b>Office</b>
<b>Sat or Sun</b>	<b>\$280</b>	<b>\$355</b>	<b>\$455</b>	<b>for</b>
<b>Thurs or Fri</b>	<b>\$245</b>	<b>\$320</b>	<b>\$420</b>	<b>Availability</b>



### Telemark

Telemark Ski

Adult Program offered on Saturdays – 4 Session Dates & Time TBD

<u>Period</u>	<u>Oct 16-Oct 31</u>	<u>Nov 1 – Nov 21</u>	<u>Nov 22 – Dec 15</u>	<u>December 15</u>
<b>Sat</b>	<b>\$240</b>	<b>\$315</b>	<b>\$415</b>	<b>\$515</b>

## RECREATION SNOWBOARDING

### Shredders, Ages 8-14

9:30 – 11:30 or

1:30 – 3:30

**THIS IS NOT A CLASS FOR BEGINNER SNOWBOARDERS.**

**WE RECOMMEND PRIVATE LESSONS UNTIL STUDENT IS ABLE TO LINK TURNS AND BE COMFORTABLE RIDING ON BLUE TERRAIN.** Beginner boarders should contact us at the Ski School at [alpine.dev@caledonskiclub.on.ca](mailto:alpine.dev@caledonskiclub.on.ca) to arrange private lessons to develop the skills to participate in this program. In a short period of time your child will be ready to join in the fun of the group lessons.

Emphasis will be on developing overall riding skills and visiting new terrain.

Choose **one** of the 2 time periods or both.

**Prerequisite for Participation:** **Participants must be able to link turns and be comfortable riding on Blue Terrain.**

**A Terrain Park Pass Sticker is required for this Program.**

Meeting Location – Program drop off and pick up is at the Annex Racks.

**Note: Classes are NOT interchangeable and you can only register for one class per day.**

Period	Oct 16 – Oct 31	Nov 1 - Nov 21	Nov 22 – Dec-15	December 15
Camp 1 & 3	\$240	\$315	\$415	Contact Office
Camp 2	\$180	\$255	\$355	for
Sat or Sun	\$480	\$555	\$655	Availability

### Slopestyle Snowboard, Ages 8-16

9:30 - 12:30 & 1:30 - 3:00

A program for intermediate riders and above that want to be introduced to or expand their skills in the Terrain Park. Interested students will be eligible to participate in competitive events throughout the season. Registration with appropriate associations and governing bodies is required if you choose to compete in any of these events.

**Prerequisite for Participation:** **All Participants must have completed the online Park Pass program and have received their Terrain Park Pass sticker before the start of this program and be comfortable riding on blue and black terrain.**

**Note: Classes are NOT interchangeable**

Period	Oct 16 – Oct 31	Nov 1 - Nov 21	Nov 22 – Dec-15	December 15
Sat or Sun	\$825	\$900	\$1000	Contact Office for Availability

## COMPETITIVE PROGRAMS

*Through Innovation, Dedication and Teamwork, we strive to set a new industry standard for both Athlete and Coach development. We believe in a program that supports our four core values: Excellence, Fun, Dedication and Caring. These values are the foundation to helping our athletes meet their goals both in sport and everyday life.*

**Caledon Competitive offers the following programs:**

### **RACING:**

U8 to Adults, including extended programming: U12 EXT, U14 OCUP, U16 OCUP and U19/FIS

### **FREESTYLE:**

Moguls, High Performance Program - Moguls and Slopestyle

### **SNOWBOARD:**

Snowboard Cross

***Program ages are as of December 31, 2023.***

For a complete list of schedules and events please visit the Competitive Calendar [HERE](#), or on the Competitive Programs page under Member's Snow School in your account.

*All programs are designed in accordance with the Long-Term Athlete Development plans from each National Sport Organization. If athletes do not meet the program requirements, the Competitive Department will move the student to a program for the benefit of the athlete and their experience. We reserve the right to cancel a program if registrations do not meet the minimum class numbers. For more Registration Information including; friend requests, changing programs, etc... please visit pages 3 & 4.*

## PROGRAM DATES

**CAMP 1** (4 days) December 27 - 30

**CAMP 2** (3 days) January 2 - 4

**CAMP 3 - MARCH BREAK CAMP** (4 days) March 11 - 14

**Competitive** **Extended Programs** begin December 27.  
Running for 11 or 13 consecutive weeks.

**Weekend Programs** begin Saturday, January 6 or Sunday, January 7.  
Running for 8 weekends ending Saturday, February 24 or Sunday, February 25.

*Additional training and events are available outside of the standard 8, 11 or 13 week program and are subject to additional fees. These may include event fees, lift ticket fees, coaching fees and expenses. All expenses incurred will be divided evenly amongst the participating athletes and billed accordingly.*

**Please complete the concussion protocol waiver during registration for Competitive Programs.**

- All family members over 18 years old must login and complete their own concussion protocol waiver
- All children under 18 years old will automatically be signed, when the primary member completes their concussion protocol waiver

You will find Rowan's Law Concussion Protocol during the program registration process. Please contact the competitive office if you have any questions or need assistance at [competitive@caledonskiclub.on.ca](mailto:competitive@caledonskiclub.on.ca) or 519-927-1086.

*If you have any questions feel free to contact the Competitive Department, [competitive@caledonskiclub.on.ca](mailto:competitive@caledonskiclub.on.ca) or 519 927-1086*

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For more information, please contact the Competitive Office at 519-927-1086 or [competitive@caledonskiclub.on.ca](mailto:competitive@caledonskiclub.on.ca)

# U8 Race Program – 1 Day Program

## Age 7 (YOB 2016)

8 Week PROGRAM BEGINS Saturday January 6 or Sunday January 7

SESSION TIMES 10:00 – 12:00 & 1:00 – 3:00

U8 is a full day, entry level race program with no travel. The emphasis is on creating a fun filled environment to improve skiing skills and introduce racing skills. There will be a home race event – date and time TBA. Class size will be approximately a 3:1 ratio.

**SKILL ASSESSMENT** – All registered participants will have an evaluation of their skiing abilities before the start of the program, (with the exception of those that were in the U7 program during the 2023 season). You will be contacted early in December to register for an evaluation time. \*Please note – skiers not able to attend an evaluation time or Christmas Camp prior to the start of the program will be evaluated on the 1st weekend of programming and will join the program on the 2nd weekend (January 13 or 14).

**SKILL ABILITY** – Program participants are graduates of the U7 Program, or, are comfortable skiing on most terrain at Caledon at a reasonable pace, are in control on steeper terrain and are able to load/unload chairlifts with minimal assistance. Here is a [VIDEO EXAMPLE](#) of a U8 level skier,

**MEETING LOCATION** – Program drop off and pick up is at the West Lodge – by the wood shed.

*Children aged 7-9 require written acknowledgement that they can be released from class on their own if you prefer this option. For children 10 and over, if you do not want them released at the end of the session on their own please notify the office.*

<u>Period</u>	<u>Oct 16-Oct 31</u>	<u>Nov 1 – Nov 21</u>	<u>Nov 22 – Dec 15</u>	<u>December 15*</u>
Camp 1 Dec 27-30	\$400	\$500	\$700	N/A
Camp 2 Jan 2-4	\$300	\$400	\$600	N/A
Saturday OR Sunday	\$900	\$1000	\$1200	N/A
Camp 3 Mar 11-14	\$400 Please note prices increases for MB after February 15 and March 1			

### OPTIONAL TRAINING OPPORTUNITIES:

DRYLAND TRAINING

CAMPS 1, 2, 3

**Friend Requests** - Please note that we will do our best to have your children grouped with their friends. You can add this request in the “notes” section when registering online. Please note that grouping is done based on the participants ability, this important step will help ensure that your children will improve and have fun at the same time! Both children’s parents need to make the request for it to be considered.

**Notes:** *Groups are NOT interchangeable*

**Registration for programs closes on December 15. We will not process any registrations after this date.**

For more information, please contact the Competitive Office at 519-927-1086 or [competitive@caledonskiclub.on.ca](mailto:competitive@caledonskiclub.on.ca)



# U10 Race Program – 1 Day Program

## Ages 8 & 9 (YOB 2014 & 2015)

8 Week PROGRAM BEGINS Saturday January 6 or Sunday January 7

SESSION TIMES 9:30-12:00 & 1:00-3:00

This U10 Program is a 1-day, full day, entry level race program with no travel. The emphasis continues to be on FUNdamental skiing skills, team building and introducing racing skills. There will be a home race event – date and time TBA. Class size will be approximately a 6:1 ratio.

\*For information on a 2-day U10 program with some travel, see U10 Weekend Race Program.

**SKILL ABILITY** – Program participants are graduates of the U8 Program, or, are skiing on all terrain at Caledon at a reasonable pace and are able to load/unload chairlifts independently. Here is a [VIDEO EXAMPLE](#) of a U10 level skier.

**EXTRA EVENTS** – To participate in Alpine Ontario (AOA) sanctioned events, (ex. invitational races), athletes must purchase a U10 AOA membership and have a hard ear helmet. **Please note** – These events are not included with your program registration and are subject additional fees.

**MEETING LOCATION** – Program drop off and pick up is at the West Lodge – by the wood shed.

*Children aged 7-9 require written acknowledgement that they can be released from class on their own if you prefer this option. For children 10 and over, if you do not want them released at the end of the session on their own please notify the office.*

<u>Period</u>	<u>Oct 16-Oct 31</u>	<u>Nov 1 – Nov 21</u>	<u>Nov 22 – Dec 15</u>	<u>December 15</u>
Camp 1 Dec 27-30	\$400	\$500	\$700	N/A
Camp 2 Jan 2-4	\$300	\$400	\$600	N/A
Saturday OR Sunday	\$810	\$910	\$1110	N/A
Camp 3 Mar 11-14	\$400 Please note prices increase for MB after February 15 and March 1			

### OPTIONAL TRAINING OPPORTUNITIES:

DRYLAND TRAINING & FITNESS TESTING

MONT TREMBLANT CAMP – December 11-15, 2023 (5 days on snow)

CAMPS 1, 2, 3

FRIDAY TRAINING

INVITATIONAL EVENTS

**Friend Requests** - Please note that we will do our best to have your children grouped with their friends. You can add this request in the “notes” section when registering online. Please note that grouping is done based on the participants ability, this important step will help ensure that your children will improve and have fun at the same time! Both children’s parents need to make the request for it to be considered.

**Notes:** Groups are **NOT interchangeable**

**Registration for programs closes on December 15. We will not process any registrations after this date.**

For more information, please contact the Competitive Office at 519-927-1086 or [competitive@caledonskiclub.on.ca](mailto:competitive@caledonskiclub.on.ca)

# U10 Weekend Race Program – 2 Day Program

## Ages 8 & 9 (YOB 2014 & 2015)

8 Week PROGRAM BEGINS Saturday January 6 & Sunday January 7

SESSION TIMES 9:30-12:00 & 1:00-3:00

This U10 Program is a 2-day, full day, entry level race program with some travel. The emphasis continues to be on FUNDamental skiing skills, team building and introducing racing skills. There will be a home race event and a travel race – dates and times TBA. Class size will be approximately a 6:1 ratio.

**\*ACTION REQUIRED - Members of this program are required to purchase an Alpine Ontario (AOA) U10 Membership and have a hard ear helmet. Link to Alpine Ontario Registration [HERE](#).**

*\*For information on a 1-day U10 Program with no travel, see U10 Race Program – 1 Day Program.*

**SKILL ABILITY** – Program participants are graduates of the U8 Program, or, are skiing on all terrain at Caledon at a reasonable pace and are able to load/unload chairlifts independently. Here is a [VIDEO EXAMPLE](#) of a U10 level skier.

**EXTRA EVENTS** – U10 athletes have the opportunity to participate in Alpine Ontario (AOA) sanctioned events, (ex. invitational races). **Please Note** – These events are not included with your program registration and are subject additional fees.

**MEETING LOCATION** – Program drop off and pick up is at the West Lodge – by the wood shed.

*Children aged 7-9 require written acknowledgement that they can be released from class on their own if you prefer this option. For children 10 and over, if you do not want them released at the end of the session on their own please notify the office.*

<u>Period</u>	<u>Oct 16-Oct 31</u>	<u>Nov 1 – Nov 21</u>	<u>Nov 22 – Dec 15</u>	<u>December 15</u>
Camp 1 Dec 27-30	\$400	\$500	\$700	N/A
Camp 2 Jan 2-4	\$300	\$400	\$600	N/A
<b>WEEKENDS</b>	<b>\$1620</b>	<b>\$1770</b>	<b>\$2070</b>	<b>N/A</b>
Camp 3 Mar 11-14	\$400 Please note prices increases for MB after February 15 and March 1			

### **OPTIONAL TRAINING OPPORTUNITIES:**

DRYLAND TRAINING & FITNESS TESTING

MONT TREMBLANT CAMP – December 11-15, 2023 (5 days on snow)

CAMPS 1, 2, 3

FRIDAY TRAINING

INVITATIONAL EVENTS

**Friend Requests** - Please note that we will do our best to have your children grouped with their friends. You can add this request in the “notes” section when registering online. Please note that grouping is done based on the participants ability, this important step will help ensure that your children will improve and have fun at the same time! Both children’s parents need to make the request for it to be considered.

**Notes: Groups are NOT interchangeable**

**Registration for programs closes on December 15. We will not process any registrations after this date.**

For more information, please contact the Competitive Office at 519-927-1086 or [competitive@caledonskiclub.on.ca](mailto:competitive@caledonskiclub.on.ca)

# Youth Race Training Program (YRT) – 1 Day Program

## Ages 10-14 (YOB 2009-2013)

8 Week PROGRAM BEGINS Saturday January 6 OR Sunday January 7

SESSION TIMES 9:00-11:00 & 12:00 – 2:30

The Youth Race Training Program (YRT) is a 1-day, full day, entry level race program with no travel. This program will continue to grow skiing skills to become well rounded skiers and introduce racing skills. This program is geared towards first time racers, skiers able to commit to a 1-day program due to other winter activities or skiers wanting to balance their weekend with another program (ex: freestyle, snowboard, etc.).

\*For information on 2-Day race programs with travel please visit SOD Weekend Programs.

**SKILL ABILITY** – Program participants are graduates of the U10 Program, or, are confident, parallel skiers looking for an introduction to racing and are able to load/unload chairlifts independently. Here is a [VIDEO EXAMPLE](#) example of a YRT level skier.

**MEETING LOCATION** – Program drop off and pick up is at the West Lodge – by the wood shed.

*Children aged 7-9 require written acknowledgement that they can be released from class on their own if you prefer this option. For children 10 and over, if you do not want them released at the end of the session on their own please notify the office.*

<u>Period</u>	<u>Oct 16-Oct 31</u>	<u>Nov 1 – Nov 21</u>	<u>Nov 22 – Dec 15</u>	<u>December 15</u>
Camp 1 Dec 27-30	\$400	\$500	\$700	N/A
Camp 2 Jan 2-4	\$300	\$400	\$600	N/A
Saturday OR Sunday	\$810	\$910	\$1110	N/A
Camp 3 Mar 11-14	\$400 Please note prices increases for MB after February 15 and March 1			

### \*\*OPTIONAL TRAINING OPPORTUNITIES:

DRYLAND TRAINING & FITNESS TESTING

CAMPS 1, 2, 3

MONT TREMBLANT CAMP – December 11-15, 2023 (5 days on snow)

FRIDAY TRAINING

*\*\*PLEASE NOTE - YRT racers participating in Optional Training Opportunities will join their 'U' age group for training: YOB 2012 & 2013 will join the U12 group, YOB 2010 & 2011 will join the U14 group and YOB 2009 join the U16 group.*

**Friend Requests** - Please note that we will do our best to have your children grouped with their friends. You can add this request in the “notes” section when registering online. Please note that grouping is done based on the participants ability, this important step will help ensure that your children will improve and have fun at the same time! Both children’s parents need to make the request for it to be considered.

**Notes: Groups are NOT interchangeable**

**Registration for programs closes on December 15. We will not process any registrations after this date.**

For more information, please contact the Competitive Office at 519-927-1086 or [competitive@caledonskiclub.on.ca](mailto:competitive@caledonskiclub.on.ca)

# U12 SOD Cup Weekend Race Program,

## Ages 10 & 11 (YOB 2012 & 2013)

8 Week PROGRAM BEGINS Saturday January 6 & Sunday January 7

SESSION TIMES 9:30-12:00 & 1:00-3:00

The U12 Weekend Program continues to develop team building, free ski and racing skills in a fun and competitive team environment. The program will incorporate 4 SOD Cup races on weekends scheduled by Alpine Ontario - travel to other clubs is required. There may also be opportunities to attend invitational events where participation is based on host club quota. This team will train separately from the U12 Extended Program most of the time.

**\*Members of this program are required to purchase an Alpine Ontario (AOA) U12 Membership and have a hard ear helmet. Link to Alpine Ontario Registration [HERE](#).**

*\*For information on the more comprehensive U12 Program please see U12 Extended Program.*

**SKILL ABILITY** – Program participants are graduates of the U10 Program, or, are skiing on all terrain at Caledon with some speed and are able to load/unload chairlifts independently. Here is a [VIDEO EXAMPLE](#) example of a U12 level skier.

**EXTRA EVENTS** – U12 SOD Cup Weekend Program athletes may have the opportunity to participate in Alpine Ontario (AOA) sanctioned events, (ex. camps and invitational races). **Please Note** – Participation may be based on hosting club quota. These events are not included with your program registration and are subject additional fees.

**MEETING LOCATION** – Program drop off and pick up is at the West Lodge – by the Skiis & Biikes racks.

*Children aged 7-9 require written acknowledgement that they can be released from class on their own if you prefer this option. For children 10 and over, if you do not want them released at the end of the session on their own please notify the office.*

Period	Oct 16-Oct 31	Nov 1 – Nov 21	Nov 22 – Dec 15	December 15
Camp 1 Dec 27-30	\$400	\$500	\$700	N/A
Camp 2 Jan 2-4	\$300	\$400	\$600	N/A
WEEKENDS	\$1510	\$1660	\$1960	N/A
Camp 3 Mar 11-14	\$400 Please note prices increases for MB after February 15 and March 1			

### OPTIONAL TRAINING OPPORTUNITIES:

DRYLAND TRAINING & FITNESS TESTING

SUN PEAKS CAMP – December 2-8, 2023 (8 days on snow)

MONT TREMBLANT CAMP – December 11-15, 2023 (5 days on snow)

CAMPS 1, 2, 3

FRIDAY TRAINING

INVITATIONAL RACES – based on hosting club quota.

**Friend Requests** - Please note that we will do our best to have your children grouped with their friends. You can add this request in the “notes” section when registering online. Please note that grouping is done based on the participants ability, this important step will help ensure that your children will improve and have fun at the same time! Both children’s parents need to make the request for it to be considered.

**Notes: Groups are NOT interchangeable**

**Registration for programs closes on December 15. We will not process any registrations after this date.**

For more information, please contact the Competitive Office at 519-927-1086 or [competitive@caledonskiclub.on.ca](mailto:competitive@caledonskiclub.on.ca)

# U12 SOD Cup Extended Race Program,

Ages 10 & 11 (YOB 2012 & 2013)

**PROGRAM BEGINS with Camp 1 on December 27 and ends on March 10**

**SESSION times for all days 9:00-11:00 & 12:00-3:00**

U12 Extended continues developing skills from the younger age groups with an emphasis on increased time on snow and race specific environments. This 3-day/week program includes; Camp 1, Camp 2 and Friday Training, (Camp 3 is not included). There will be 4 SOD Cup races on weekends scheduled by Alpine Ontario and opportunities to attend Invitational Races. This team will train separately from the U12 Weekend Program most of the time.

**\*Members of this program are required to purchase an Alpine Ontario (AOA) U12 Membership and have a hard ear helmet. Link to Alpine Ontario Registration [HERE](#).**

**\*For information on the 2-Day U12 race program please visit [U12 SOD Cup Weekend Race Program](#).**

**SKILL ABILITY** – Program participants are graduates of the U10 Program, or, are confident, versatile skiers, comfortable skiing on a variety of terrain with speed and are independently riding all lifts. Here is a [VIDEO EXAMPLE](#) example of a U12 Extended level skier.

**EXTRA EVENTS** – U12 SOD Cup Extended Program athletes will have the opportunity to participate in Alpine Ontario (AOA) sanctioned events, (ex. camps and invitational races). **PLEASE NOTE** – These events are not included with your program registration and are subject additional fees.

**MEETING LOCATION** – Program drop off and pick up is at the West Lodge – by the Skiis & Biikes racks.

<u>Period</u>	<u>Oct 16-Oct 31</u>	<u>Nov 1 – Nov 21</u>	<u>Nov 22 – Dec 15</u>	<u>December 15</u>
Camp 1 Dec 27-30	INCL	INCL	INCL	N/A
Camp 2 Jan 2-4	INCL	INCL	INCL	N/A
Jan 5 – Mar 10	\$4,000	\$4,300	\$4700	N/A
<b>Friday, Saturday, Sunday</b>				
Camp 3 March 11-14	\$400 Please note prices increases for MB after February 15 and March 1			

## **OPTIONAL TRAINING OPPORTUNITIES:**

FITNESS TESTING & DRYLAND TRAINING

SUN PEAKS CAMP – December 2-9, 2023 (8 days on snow)

MONT TREMBLANT CAMP – December 11-15, 2023 (5 days on snow)

INVITATIONAL RACES

CAMP 3

**Notes: Groups are NOT interchangeable**

**Registration for programs closes on December 15. We will not process any registrations after this date.**

For more information, please contact the Competitive Office at 519-927-1086 or [competitive@caledonskiclub.on.ca](mailto:competitive@caledonskiclub.on.ca)

# U14 SOD Cup Weekend Race Program

**Ages 12 & 13 (YOB 2010 & 2011)**

**8 Week PROGRAM BEGINS Saturday January 6 & Sunday 7**

**SESSION TIMES 9:30-12:00 & 1:00-3:00**

The U14 SOD Cup Weekend Program continues to consolidate free ski and racing skills in a fun and competitive team environment. The program will incorporate 4 SOD Cup races on weekends scheduled by Alpine Ontario - [travel to other clubs is required.](#)

**\*Members of this program are required to purchase an Alpine Ontario (AOA) U14 SOD Cup Membership. Link to Alpine Ontario Registration [HERE.](#)**

**\*For information on the more comprehensive U14 Program please see U14 OCUP Race Program.**

**SKILL ABILITY** – Program participants are graduates of the U12 Program, or, are confident, versatile skiers, comfortable skiing on a variety of terrain with some speed. Here is a [VIDEO EXAMPLE](#) example of a U14 SOD Cup skier.

**EXTRA EVENTS** – U14 SOD Cup Weekend Program athletes may have the opportunity to participate in Alpine Ontario (AOA) sanctioned events, including: camps, invitational races and year end finals. **Please Note** – Participation may be based on hosting club quota. These events are not included with your program registration and are subject additional fees.

**MEETING LOCATION** – Program drop off and pick up is at the West Lodge – by the Skiis & Biikes racks.

Period	Oct 16-Oct 31	Nov 1 – Nov 21	Nov 22 – Dec 15	December 15
Camp 1 Dec 27-30	\$400	\$500	\$700	N/A
Camp 2 Jan 2-4	\$300	\$400	\$600	N/A
WEEKENDS	\$1510	\$1660	\$1960	N/A
Camp 3 Mar 11-14	\$400 Please note prices increases for MB after February 15 and March 1			

## **OPTIONAL TRAINING OPPORTUNITIES:**

FITNESS TESTING & DRYLAND TRAINING

SUN PEAKS CAMP – December 2-14, 2023 (8 & 13 day camp options available)

MONT TREMBLANT CAMP – December 11-15, 2023 (5 days on snow)

CAMPS 1, 2, 3

FRIDAY TRAINING

SKI CROSS EVENTS – based on hosting club quota.

**Notes: Groups are NOT interchangeable**

**Registration for programs closes on December 15. We will not process any registrations after this date.**

For more information, please contact the Competitive Office at 519-927-1086 or [competitive@caledonskiclub.on.ca](mailto:competitive@caledonskiclub.on.ca)

# U14 OCUP Race Program, Ages 12 & 13 (YOB 2010 & 2011)

**PROGRAM BEGINS with Camp 1 on December 27 and ends on March 24**

**SESSION times for all days 9:00-11:00 & 12:00-3:00**

The U14 OCUP Program continues to consolidate free ski and race skills with an increased emphasis on physical fitness and off-season training. This 3-day/week program includes; Camp 1, Camp 2, Friday Training and the SOD OCUP race series, (Note – some competitions will take place during the week). It is strongly recommended that athletes register for one of the pre-season camps (Sun Peaks or Mont Tremblant).

**\*Members of this program are required to purchase an Alpine Ontario (AOA) U14 OCUP Membership. Link to Alpine Ontario Registration [HERE](#).**

**\*Program Members are required to submit a fall fitness test to AOA prior to December 31, 2023. Testing dates at Caledon are Sunday, September 10 and Sunday November 12. If an athlete is not able to attend one of these dates, they will need to make their own arrangements and submit results to the Competitive Office before December 1, 2023.**

**\*For information on the 2-Day U14 race program please visit [U14 SOD Cup Weekend Race Program](#).**

**SKILL ABILITY** – Program participants graduates of the U12 Program and are advanced, versatile skiers, confident skiing on a variety of terrain with speed.

**EXTRA EVENTS** – *U14 OCUP Program athletes will have the opportunity to participate in Alpine Ontario (AOA) sanctioned events including camps, OCUP Finals, Whistler Cup, etc... **PLEASE NOTE** – Participation may be based on club quota. These events are not included with your program registration and are subject additional fees.*

**MEETING LOCATION** – Program drop off and pick up is at the West Lodge – by the Skiis & Biikes racks.

<u>Period</u>	<u>Oct 16-Oct 31</u>	<u>Nov 1 – Nov 21</u>	<u>Nov 22 – Dec 15</u>	<u>December 15</u>
Camp 1 Dec 27-30	INCL	INCL	INCL	N/A
Camp 2 Jan 2-4	INCL	INCL	INCL	N/A
Jan 5 -Mar 24	\$4,150	\$4,450	\$4,850	N/A
<b>Friday, Saturday, Sunday</b>				

## **OPTIONAL TRAINING OPPORTUNITIES:**

DRYLAND TRAINING

SUN PEAKS CAMP – December 2-14, 2023 (8 & 13 day camp options available)

MONT TREMBLANT CAMP – December 11-15, 2023 (5 days on snow)

SKI CROSS EVENTS – based on club quota.

OCUP FINALS – based on qualification criteria.

WHISTLER CUP – based on hosting club quota.

**Notes: Groups are NOT interchangeable**

**Registration for programs closes on December 15. We will not process any registrations after this date.**

For more information, please contact the Competitive Office at 519-927-1086 or [competitive@caledonskiclub.on.ca](mailto:competitive@caledonskiclub.on.ca)

# U16/U19 SOD CUP Weekend Race Program,

U16 Ages 14 & 15 (YOB 2008 & 2009), U19 Ages 16-18 (YOB 2005-2007)

8 Week PROGRAM BEGINS Saturday January 6 & Sunday January 7

SESSION TIMES 9:30-12:00 & 1:00-3:00

The U16/U19 SOD Cup Weekend Program athletes will continue to refine their free ski and racing skills in a fun and competitive team environment. The program will incorporate 4 SOD Cup races on weekends scheduled by Alpine Ontario where racers will compete within their age group, (U16 vs. U16, U19 vs. U19). Travel to other clubs is required.

**\*Members of this program are required to purchase an Alpine Ontario (AOA) U16 SOD Cup or U19 SOD Cup Membership. Link to Alpine Ontario Registration [HERE](#).**

**\*For information on the more comprehensive programs please see U16 OCUP Race Program or U19/FIS Race Program.**

**SKILL ABILITY** – Program participants are graduates of the U14 SOD Cup Program, or, are confident, versatile skiers, comfortable skiing on a variety of terrain with speed.

**EXTRA EVENTS** – U16/U19 SOD Cup Weekend Program athletes may have the opportunity to participate in Alpine Ontario (AOA) sanctioned events, including: camps, invitational races and year end finals. **Please Note** – Participation may be based on hosting club quota. These events are not included with your program registration and are subject additional fees.

**MEETING LOCATION** – Program drop off and pick up is at the West Lodge – by the Skiis & Biikes racks.

<u>Period</u>	<u>Oct 16-Oct 31</u>	<u>Nov 1 – Nov 21</u>	<u>Nov 22 – Dec 15</u>	<u>December 15</u>
Camp 1 Dec 27-30	\$400	\$500	\$700	N/A
Camp 2 Jan 2-4	\$300	\$400	\$600	N/A
<b>WEEKENDS</b>	<b>\$1510</b>	<b>\$1660</b>	<b>\$1960</b>	<b>N/A</b>
Camp 3 Mar 11-14	\$400 Please note prices increases for MB after February 15 and March 1			

## **OPTIONAL TRAINING OPPORTUNITIES:**

DRYLAND TRAINING & FITNESS TESTING

SUN PEAKS CAMP – December 2-14, 2023 (8 & 13 day camp options available)

MONT TREMBLANT CAMP – December 11-15, 2023 (5 days on snow)

CAMPS 1, 2, 3

FRIDAY TRAINING

SKI CROSS EVENTS – based on hosting club quota.

**Notes: Groups are NOT interchangeable**

**Registration for programs closes on December 15. We will not process any registrations after this date.**

For more information, please contact the Competitive Office at 519-927-1086 or [competitive@caledonskiclub.on.ca](mailto:competitive@caledonskiclub.on.ca)



# U16 OCUP Race Program, Ages 14 & 15 (YOB 2008 & 2009)

**PROGRAM BEGINS with Camp 1 on December 27 and ends on March 24**

**SESSION times for all days 9:00-11:00 & 12:00-3:00**

The U16 OCUP Program continues to refine free ski and race skills with an increased emphasis on physical fitness and off-season training. This 3-day/week program includes; Camp 1, Camp 2, Friday Training and the SOD OCUP race series, (Note – some competitions will take place during the week). It is strongly recommended that athletes register for one of the pre-season camps (Sun Peaks or Mont Tremblant).

**\*Members of this program are required to purchase an Alpine Ontario (AOA) U16 OCUP Membership. Link to Alpine Ontario Registration [HERE](#).**

**\*Program Members are required to submit a fall fitness test to AOA prior to December 31, 2023. Testing dates at Caledon are Sunday, September 10 and Sunday November 12. If an athlete is not able to attend one of these dates, they will need to make their own arrangements and submit results to the Competitive Office before December 1, 2023.**

**\*For information on the 2-Day U16 race program please visit [U16/U19 SOD Cup Weekend Race Program](#).**

**SKILL ABILITY** – Program participants graduates of the U14 OCUP Program and are advanced, versatile skiers, confident skiing on a variety of terrain with speed.

**EXTRA EVENTS** – U16 OCUP Program athletes will have the opportunity to participate in Alpine Ontario (AOA) sanctioned events including camps, OCUP Finals, etc... **PLEASE NOTE** – Participation may be based on club quota. These events are *not* included with your program registration and are subject additional fees.

**MEETING LOCATION** – Program drop off and pick up is at the West Lodge – by the Skiis & Bikes racks.

<u>Period</u>	<u>Oct 16-Oct 31</u>	<u>Nov 1 – Nov 21</u>	<u>Nov 22 – Dec 15</u>	<u>December 15</u>
Camp 1 Dec 27-30	INCL	INCL	INCL	N/A
Camp 2 Jan 2-4	INCL	INCL	INCL	N/A
Jan 5 -Mar 24	\$4,150	\$4,450	\$4,850	N/A
Friday, Saturday, Sunday				

## **OPTIONAL TRAINING OPPORTUNITIES:**

DRYLAND TRAINING & FITNESS TESTING

SUN PEAKS CAMP – December 2-14, 2023 (8 & 13 day options available)

MONT TREMBLANT CAMP – December 11-15, 2023 (5 days on snow)

MID WINTER RACE SERIES

OCUP FINALS – based on qualification criteria.

SKI CROSS EVENTS – based on club quota.

**Notes: Groups are NOT interchangeable**

**Registration for programs closes on December 15. We will not process any registrations after this date.**

For more information, please contact the Competitive Office at 519-927-1086 or [competitive@caledonskiclub.on.ca](mailto:competitive@caledonskiclub.on.ca)

# U19/FIS Race Program, Ages 16 – 20 (YOB 2003-2007)

**PROGRAM BEGINS with Camp 1 on December 27 and ends on March 24**

**SESSION times for all days 9:00-11:00 & 12:00-3:00**

The U19/FIS Program continues to refine competition skills and tactics. This 3-day/week program includes; Camp 1, Camp 2, Friday Training and the SOD FIS race series, (Note – some competitions will take place during the week). It is strongly recommended that athletes register for one of the pre-season camps (Sun Peaks or Mont Tremblant).

**\*Members of this program are required to purchase and a Canadian FIS Card to compete at races within in the country. PLEASE NOTE – late fees are added for cards purchased after December 25, 2023. An immediate activation fee may be added for athletes who need to be added to the current FIS Points List for an event. In addition to purchasing your FIS Card you will need to submit an ACA Medical Form signed by a physician and FIS Athlete Declaration. Athletes wanting to compete in an additional discipline, ex. Ski Cross, will need to purchase a second FIS Card. [Link to FIS Registration HERE.](#)**

**\*For information on the 2-Day U19 race program please visit [U16/U19 SOD Cup Weekend Race Program.](#)**

**SKILL ABILITY** – Program participants are graduates of the U16 OCUP Program and are advanced, versatile skiers, confident skiing on a variety of terrain with speed.

**EXTRA EVENTS** – *U19/FIS Program athletes will have the opportunity to participate in Alpine Ontario (AOA) sanctioned events. **PLEASE NOTE** – Participation may be based on club quota. These events are not included with your program registration and are subject additional fees.*

**MEETING LOCATION** – Program drop off and pick up is at the West Lodge – by the Skiis & Biikes racks.

<u>Period</u>	<u>Oct 16-Oct 31</u>	<u>Nov 1 – Nov 21</u>	<u>Nov 22 – Dec 15</u>	<u>December 15</u>
Camp 1 Dec 27-30	INCL	INCL	INCL	N/A
Camp 2 Jan 2-4	INCL	INCL	INCL	N/A
Jan 5 -Mar 24	\$4,150	\$4,450	\$4,850	N/A
<b>Friday, Saturday, Sunday</b>				

## **OPTIONAL TRAINING OPPORTUNITIES:**

DRYLAND TRAINING & FITNESS TESTING

SUN PEAKS CAMP – December 2-14, 2023 (8 & 13 day options available)

MONT TREMBLANT CAMP – December 11-15, 2023 (5 days on snow)

**Notes: Groups are NOT interchangeable**

**Registration for programs closes on December 15. We will not process any registrations after this date.**

For more information, please contact the Competitive Office at 519-927-1086 or [competitive@caledonskiiclub.on.ca](mailto:competitive@caledonskiiclub.on.ca)

## Friday Race Training, Ages 10-18 (YOB 2005 – 2013)

This program offers athletes **U12 to U19/FIS**, the opportunity to continue developing their skills and get some extra mileage, for upcoming weekend races.

(**U10 racers** are welcome to join with the recommendation of their coach or supervisor. Note – there are limited number of U10 spaces available due to coach:athlete ratios)

Pre-registration is **REQUIRED** for racers not in an extended program, (U12 EXT, U14 OCUP, U16 OCUP, U19/FIS). Please register online by the Sunday prior to your session that you would like to attend so that we can assign the appropriate staff.

**Cancellation Policy - 24 hours notice is required for a refund.**

**MEETING LOCATION** – Program drop off and pick up is at the West Lodge, by the Skis & Bikes ski racks.

**SKILL ABILITY** – Program participants are skiing on all terrain at Caledon with some speed and able to load/unload chairlifts independently.

Friday Training	Time	Dates	Days	Fee			
Friday Training	9:00-11:00 & 12:00-3:00	Jan 12 - Mar 1	Fridays	\$90			



For more information, please contact the Competitive Office at 519-927-1086 or [competitive@caledonskiclub.on.ca](mailto:competitive@caledonskiclub.on.ca)

# **NEW!** Ski Cross Package

## **Ages 12-19 (YOB 2004-2011)**

The Ski Cross Package is for registered SOD Cup, OCUP and FIS racers age U14+ wanting to participate in the Southern Ontario Division Ski Cross race circuit, travel is required. This package also includes 2 ski cross training days at Caledon Ski Club on Thursday, January 25 and Thursday, February 22.

**NEW FOR 2024!** This package includes coaching fees/expenses, lift tickets and event registration for 2 Ontario Snowboard/Alpine Ontario Ski Cross Events and Ontario Snowboard/Alpine Ontario Ski Cross Provincial Championships. Ski Cross Events include 1 training day and 1 or 2 competition days. Ontario Snowboard and Alpine Ontario will be scheduling these events, dates and locations will be added to the calendar as they become available.

PLEASE NOTE – Competitions may take place on weekdays and during March Break.

Extra fees will be associated with any additional events. Costs will be divided evenly among the athletes and payment will be required prior to each competition.

<b>Ski Cross Package</b>	<b>Time</b>	<b>Dates</b>	<b>Days</b>	<b>Oct 16 Oct 31</b>	<b>Nov 1 Nov 21</b>	<b>Nov 22 Dec 15</b>	<b>Dec-15</b>
Ontario Snowboard/Alpine Ontario – 3 SOD Ski Cross Events	TBC	TBC	TBC	\$875	\$975	\$1175	N/A
Training Days	9:00-11:00& 12:00-3:00	Jan 25 & Feb 22	Thursday	INCL	INCL	INCL	



For more information, please contact the Competitive Office at 519-927-1086 or [competitive@caledonskiclub.on.ca](mailto:competitive@caledonskiclub.on.ca)

# Thursday **NIGHT** Race Training at Caledon Ski Club

**Ages 10+ (YOB 2013 and earlier)**

**Program Dates - Thursday January 18 & 25, February 1 & 8**

**Training Times - 5:30 to 8:30pm**

We are offering four nights of guided training where participants will enjoy skiing in various environments designed to improve skills and provide lots of fun. Training will take place on the West Hill.

Cost for the four-night series is \$240 + tax or \$80 + tax per session. This fee covers the operational cost of running the hill (lift operators, lights, patrol, grooming etc.) as well as coach supervision of the environments.

This four-night series is contingent upon a minimum registration being met.

The lodge will remain open with limited food and beverage service available.

Thursday Night Training	Time	Dates	Days	Oct 16 Oct 31	Nov 1 Nov 21	Nov 22 Dec 15	Dec-15
Thursday Nights @ Caledon	5:30 - 8:30	Jan 18 & 25 Feb 1 & 8	Thursday Night	\$240	\$240	\$240	\$240
Individual Sessions	5:30-8:30	Jan 18, Jan 25, Feb 1, Feb 8	Thursday Night	\$80	\$80	\$80	\$80

For more information, please contact Karson Benn at [kbenn@caledonskiclub.on.ca](mailto:kbenn@caledonskiclub.on.ca) or 519-927-5221 X257



## Adult Race Training (ART) – Ages 18+

The Adult Race Training Program is designed to improve your racing skills with a flexible training schedule! Choose from up to 4 sessions a week during this 8-week drop-in program. **NEW for 2024**, each session will have 2 training levels where coaches will tailor your training to reflect your ability and goals whether you're a first-time racer, a seasoned veteran and everyone in between!

**TRAINING GROUP #1 - Race Technique & Tactics** – For skiers wanting to improve their technique and transfer those skills into gates.

**MEETING LOCATION** – Top of the West Hill.

**TRAINING GROUP #2 - Gate Bashers** – For skiers wanting to improve their gate skiing technique and tactics.

**MEETING LOCATION** – Top of the assigned lane space.

**PLEASE NOTE** - If you missed the start of class, you'll be able to find the group on the hill where your lane space is scheduled. Lane space locations will be emailed to you weekly or can be found on the West Lodge bulletin boards, on lodge screens and in the Competitive Office.

\*All Program Members can pick up their ART Sticker from the Competitive Office before attending their first session.

Training Days	Times	Dates
Friday PM	1-3pm	Jan 5 – Mar 1* No Training February 9
Saturday AM	10am-12pm	Jan 6 - Feb 24
Saturday PM	1-3pm	Jan 6 - Feb 24
Sunday AM	10am-12pm	Jan 7 - Feb 25

Period	<u>Oct 16-Oct 31</u>	<u>Nov 1 – Nov 21</u>	<u>Nov 22 – Dec 15</u>	<u>December 15</u>
See Above	\$340	\$490	\$790	Contact Office

**\*PLEASE NOTE - NO TRAINING ON FRIDAY, FEBRUARY 9TH - MEN'S DAY.**

### OPTIONAL TRAINING OPPORTUNITIES:

SUN PEAKS CAMP – December 2-9, 2023 (3-8 day training options available)

## Adult House League Racing (AHL) – Ages 18+

Adult House League Racing emphasis on FUN while racing with your teammates! The Sunday afternoon House League is a 7-week program beginning second week of programs and is designed to allow all levels of skiers to compete in an inclusive environment.

**MEETING LOCATION** – Top of the Knight Flight. 1:00 PM

Period	<u>Oct 16-Oct 31</u>	<u>Nov 1 – Nov 21</u>	<u>Nov 22 – Dec 15</u>	<u>December 15</u>
Sunday PM	\$160	\$235	\$335	Contact Office

### OPTIONAL TRAINING OPPORTUNITIES:

SUN PEAKS CAMP – December 2-9, 2023 (3-8 day training options available)

For more information, please contact the Competitive Office at 519-927-1086 or [competitive@caledonskiclub.on.ca](mailto:competitive@caledonskiclub.on.ca)

## Adult Interclub Racing – Ages 18+

Take your racing to the next level! Sign up for the Caledon Clippers Team - Interclub Masters Ski Racing on the Niagara Escarpment. All ability levels are welcome. The Interclub Administration schedules 4-5 races during the season. Dates and times to be determined.

To participate in Interclub Racing, adults must register with their Home Club and on the Interclub website. For more information about Interclub Ski Racing please visit <https://interclubski.org/about/>

Masters Ski Racing	Time	Dates	Days	Oct 16 Oct 31	Nov 1 Nov 21	Nov 22 Dec 15	Dec-15
Interclub Racing	TBD	TBD	TBD	\$210	\$285	\$385	\$485

### OPTIONAL TRAINING OPPORTUNITIES:

SUN PEAKS CAMP – December 2-9, 2023 (3-8 day training options available)



For more information, please contact the Competitive Office at 519-927-1086 or [competitive@caledonskiclub.on.ca](mailto:competitive@caledonskiclub.on.ca)

# Mogul Freestyle Program – 1 Day Program

**Ages 8-16, (YOB 2007-2015)**

**8 Week PROGRAM BEGINS Saturday January 6 or Sunday January 7**

**Session Times 9:00 to 11:00 & 12:00 to 2:30**

This Mogul Program is a 1-day, full day, entry level program with no travel required. The emphasis continues to be on FUNdamental skiing skills, team building and introducing mogul skiing and jump skills. There will be a home freestyle event, date and time TBA.

\*For information on more comprehensive mogul programs please visit Mogul Freestyle Weekend Program and High-Performance Program (HPP) - Moguls.

**SKILL ABILITY** – Program participants are parallel skiers that are comfortable skiing on blue terrain and above and are able to load/unload chairlifts independently. All students must have a Terrain Park Pass.

**MEETING LOCATION** – Program drop off and pick up is at the West Lodge – by the wood shed.

*Children aged 7-9 require written acknowledgement that they can be released from class on their own if you prefer this option. For children 10 and over, if you do not want them released at the end of the session on their own please notify the office.*

<u>Period</u>	<u>Oct 16-Oct 31</u>	<u>Nov 1 – Nov 21</u>	<u>Nov 22 – Dec 15</u>	<u>December 15</u>
<b>Camp 1 Dec 27-30</b>	<b>\$400</b>	<b>\$500</b>	<b>\$700</b>	<b>Contact</b>
<b>Camp 2 Jan 2-4</b>	<b>\$300</b>	<b>\$400</b>	<b>\$600</b>	<b>the Office for</b>
<b>Saturday OR Sunday</b>	<b>\$825</b>	<b>\$925</b>	<b>\$1125</b>	<b>Availability</b>

## **OPTIONAL TRAINING OPPORTUNITIES:**

DRYLAND TRAINING & FITNESS TESTING

TRAMPOLINE & WATER RAMP TRAINING

CAMPS 1, 2

**\*TIMBER TOUR EVENTS** – 1-day mogul athletes have the option to participate in Freestyle Ontario Timber Tour Events. There are typically 2 competitions and 1 provincial championship during the season. Each event consists of 1 training day (Friday) and 2 days of competition (Saturday and Sunday).

Additional requirements include:

- Athletes must be a minimum of 10 years old (YOB 2013) to participate at Timber Tour,
- Have a current Freestyle Ontario Provincial Athlete License, <https://freestyleontario.ski/membership>
- 1-day students must check with their coach and contact the Competitive Office before registering for a competition to ensure there is proper coach to athlete ratio.

**PLEASE NOTE** - Timber Tour Registration and extra fees for coaching expenses will be associated with each event. Payment is required prior to each competition.

*Programming will run as scheduled at Caledon for athletes not attending Timber Tour Events.*

**Friend Requests** - Please note that we will do our best to have your children grouped with their friends. You can add this request in the “notes” section when registering online. Please note that grouping is done based on the participants ability, this important step will help ensure that your children will improve and have fun at the same time! Both children’s parents need to make the request for it to be considered.

**Notes: Groups are NOT interchangeable**

**Registration for programs closes on December 15. We will not process any registrations after this date.**

For more information, please contact the Competitive Office at 519-927-1086 or [competitive@caledonskiclub.on.ca](mailto:competitive@caledonskiclub.on.ca)



# Mogul Freestyle Weekend Program

**Ages 10-16, (YOB 2007-2013)**

**8 Week PROGRAM BEGINS Saturday January 6 & Sunday January 7**

**Session Times 9:00 to 11:00 & 12:00 to 2:30**

This Mogul Weekend Program is a full day program for skiers competing at Freestyle Ontario Timber Tour Events, travel is required. Athletes in this program will continue developing their jump, aerial and mogul skiing skills.

**NEW FOR 2024!** This program includes coaching fees and expenses for 2 Freestyle Ontario Timber Tour Events\* and Timber Tour Ontario Provincial Championships\*. \*Athletes are still required to register for these events through their Snow Reg account, these fees are in addition to your 8-week program registration.

Extra fees will be associated with any additional events. Costs will be divided evenly among the athletes and payment will be required prior to each competition.

On competition weekends programming at Caledon for athletes not attending Timber Tour Events may be altered. Please contact the Competitive Office if you are not planning to attend an event.

**\*ACTION REQUIRED - Members of this program are required to purchase a Freestyle Ontario Provincial Level Athlete License. Link to Freestyle Ontario Registration [HERE](#).**

*\*1 day Mogul and High-Performance Program – Moguls options are also available.*

**SKILL ABILITY** – Program participants are advanced skiers that are confident skiing on all terrain and are able to load/unload chairlifts independently. All students must have a Terrain Park Pass.

**MEETING LOCATION** – Program drop off and pick up is at the West Lodge – by the wood shed.

*Children aged 7-9 require written acknowledgement that they can be released from class on their own if you prefer this option. For children 10 and over, if you do not want them released at the end of the session on their own please notify the office.*

<u>Period</u>	<u>Oct 16-Oct 31</u>	<u>Nov 1 – Nov 21</u>	<u>Nov 22 – Dec 15</u>	<u>December 15</u>
Camp 1 Dec 27-30	\$400	\$500	\$700	Contact
Camp 2 Jan 2-4	\$300	\$400	\$600	the Office for
Saturday & Sunday	\$2150	\$2300	\$2600	Availability

## **OPTIONAL TRAINING OPPORTUNITIES:**

DRYLAND TRAINING & FITNESS TESTING  
TRAMPOLINE & WATER RAMP TRAINING  
CAMPS 1, 2

**Notes: Groups are NOT interchangeable**

**Registration for programs closes on December 15. We will not process any registrations after this date.**

For more information, please contact the Competitive Office at 519-927-1086 or [competitive@caledonskiclub.on.ca](mailto:competitive@caledonskiclub.on.ca)

# High-Performance Program (HPP) – Moguls

Ages 12-18, (YOB 2005-2011)

**13 Week Program BEGINS on Dec 27 and ends on March 24**

**SESSION times for all days 9:00-11:00 & 12:00-2:30**

The High-Performance Program - Moguls continues refining jump, aerial and mogul skiing skills with an increased emphasis on physical fitness and off-season training. This 3-day/week program includes Camp 1, Camp 2, Friday Training, 2 Freestyle Ontario Timber Tour Events\* and Timber Tour Ontario Provincial Championships\*. \*Athletes are still required to register for these events through their Snow Reg account, these fees are not included in your 12-week program registration.

**PLEASE NOTE:** Extra fees for coaching expenses will be associated with each additional event. Costs will be divided evenly among the athletes and payment will be required prior to each competition.

Caledon Ski Club is a 2023-2024 HPP Partner Club with Freestyle Ontario. Mogul HPP athletes are members of, or, are looking to qualify for the Ontario Team or Ontario Development Squad. This program also provides the opportunity for trampoline and water ramp training at different times throughout the year as well as preseason on snow camps. Please contact the Competitive Office for details.

Ontario Team and Ontario Development Squad athletes require a provincial Freestyle Ontario Membership and in-country insurance. **Link to Freestyle Ontario Registration [HERE](#).**

\*1 and 2-day mogul program options are also available.

**MEETING LOCATION** – Program drop off and pick up is at the West Lodge – by the wood shed.

**SKILL ABILITY** – Participants must successfully complete a skills evaluation prior to program start. Participants must have a Terrain Park Pass and be confident skiing on all terrain.

<u>Period</u>	<u>Oct 16-Oct 31</u>	<u>Nov 1 – Nov 21</u>	<u>Nov 22 – Dec 15</u>	<u>December 15</u>
Camp 1 Dec 27-30	INCL	INCL	INCL	N/A
Camp 2 Jan 2-4	INCL	INCL	INCL	N/A
Jan 5 -Mar 24	\$3,950	\$4,250	\$4,650	N/A
Friday, Saturday & Sunday				

## **OPTIONAL TRAINING OPPORTUNITIES:**

DRYLAND TRAINING & FITNESS TESTING

TRAMPOLINE & WATER RAMP TRAINING

JUNIOR NATIONALS – based on qualification.

CANADA CUP EVENTS – based on qualification.

**Notes: Groups are NOT interchangeable**

**Registration for programs closes on December 15. We will not process any registrations after this date.**

For more information, please contact the Competitive Office at 519-927-1086 or [competitive@caledonskiclub.on.ca](mailto:competitive@caledonskiclub.on.ca)

# Slopestyle - Ski - Freestyle Program – 1 Day Program

**Ages 8-16 (YOB 2007-2015)**

**8 Week PROGRAM BEGINS Saturday January 6 or Sunday January 7**

**Session Times 9:00 to 11:00 & 12:00 to 2:30**

This Slopestyle Program is a 1-day, full day entry level program with no travel required. The emphasis continues to be on FUNDamental skiing skills, team building and introducing slopestyle skiing and jump skills. There will be a home freestyle event, date and time TBA.

\*For information on a more comprehensive program please visit Slopestyle – Ski – Freestyle Weekend Program.

**SKILL ABILITY** – Program participants must be parallel skiers that are comfortable skiing on blue terrain and are able to load/unload chairlifts independently. All students must have a Terrain Park Pass.

**MEETING LOCATION** – Program drop off and pick up is at the West Lodge – by the wood shed.

*Children aged 7-9 require written acknowledgement that they can be released from class on their own if you prefer this option. For children 10 and over, if you do not want them released at the end of the session on their own please notify the office.*

<u>Period</u>	<u>Oct 16-Oct 31</u>	<u>Nov 1 – Nov 21</u>	<u>Nov 22 – Dec 15</u>	<u>December 15</u>
Camp 1 Dec 27-30	\$400	\$500	\$700	Contact
Camp 2 Jan 2-4	\$300	\$400	\$600	the Office for
Saturday OR Sunday	\$825	\$925	\$1125	Availability
Camp 3 Mar 11-14	\$400 Please note prices increases for MB after February 15 and March 1			

## **OPTIONAL TRAINING OPPORTUNITIES:**

DRYLAND TRAINING & FITNESS TESTING

TRAMPOLINE & WATER RAMP TRAINING

CAMPS 1, 2, 3

\***TIMBER TOUR EVENTS** – 1-day slopestyle athletes have the option to participate in Freestyle Ontario Timber Tour Events. There are typically 2 competitions and 1 provincial championship during the season. Each event consists of 1 training day (Friday) and 2 days of competition (Saturday and Sunday).

Additional requirements include:

- Athletes must be a minimum of 10 years old (YOB 2013) to participate at Timber Tour,
- Have a current Freestyle Ontario Provincial Athlete License, <https://freestyleontario.ski/membership>
- 1-day students must check with their coach and contact the Competitive Office before registering for a competition to ensure there is proper coach to athlete ratio.

**PLEASE NOTE** - Timber Tour Registration and extra fees for coaching expenses will be associated with each event. Payment is required prior to each competition.

Programming will run as scheduled at Caledon for athletes not attending Timber Tour Events.

**Friend Requests** - Please note that we will do our best to have your children grouped with their friends. You can add this request in the “notes” section when registering online. Please note that grouping is done based on the participants ability, this important step will help ensure that your children will improve and have fun at the same time! Both children’s parents need to make the request for it to be considered.

**Notes: Groups are NOT interchangeable**

Registration for programs closes on December 15. We will not process any registrations after this date.

For more information, please contact the Competitive Office at 519-927-1086 or [competitive@caledonskiclub.on.ca](mailto:competitive@caledonskiclub.on.ca)

# Slopestyle - Ski - Freestyle Weekend Program

**Ages 10-16 (YOB 2007-2013) Session Times 9:00 to 11:00 & 12:00 to 2:30**

**8 Week PROGRAM BEGINS Saturday January 6 & Sunday January 7**

**Session Times 9:00 to 11:00 & 12:00 to 2:30**

This Slopestyle Weekend Program is a full day program for skiers competing at Freestyle Ontario Timber Tour Events, travel is required. Athletes in this program will continue developing their jump, aerial and slopestyle skiing skills.

**NEW FOR 2024!** This program includes coaching fees/expenses for 2 Freestyle Ontario Timber Tour Events\* and Timber Tour Ontario Provincial Championships\*. \*Athletes are still required to register for these events through their Snow Reg account, these fees are in addition to your 8-week program registration.

Extra fees will be associated with any additional events. Costs will be divided evenly among the athletes and payment will be required prior to each competition.

On competition weekends programming at Caledon for athletes not going to Timber Tour Events may be altered. Please contact the Competitive Office if you are not planning to attend an event.

\*1 day Slopestyle program option is also available.

**\*Members of this program are required to purchase a Freestyle Ontario Provincial Level Athlete License. Link to Freestyle Ontario Registration [HERE](#).**

**SKILL ABILITY** – Program participants are advanced skiers that are confident skiing on all terrain and are able to load/unload chairlifts independently. All students must have a Terrain Park Pass.

**MEETING LOCATION** – Program drop off and pick up will be at the West Lodge – by the wood shed.

<u>Period</u>	<u>Oct 16-Oct 31</u>	<u>Nov 1 – Nov 21</u>	<u>Nov 22 – Dec 15</u>	<u>December 15</u>
Camp 1 Dec 27-30	\$400	\$500	\$700	Contact
Camp 2 Jan 2-4	\$300	\$400	\$600	the Office for
Saturday & Sunday	\$2150	\$2300	\$2600	Availability
Camp 3 Mar 11-14	\$400 Please note prices increases for MB after February 15 and March 1			

## **OPTIONAL TRAINING OPPORTUNITIES:**

DRYLAND TRAINING & FITNESS TESTING

TRAMPOLINE & WATER RAMP TRAINING

CAMPS 1, 2, 3

**Notes: Groups are NOT interchangeable**

**Registration for programs closes on December 15. We will not process any registrations after this date.**

For more information, please contact the Competitive Office at 519-927-1086 or [competitive@caledonskiclub.on.ca](mailto:competitive@caledonskiclub.on.ca)

# Trampoline & Water Ramp Training – Freestyle

## Ages 10-18 (YOB 2005 – 2013)

Trampoline and Water Ramp Training is available for freestyle athletes to continue developing their aerial skills and certify tricks in the offseason.

Requirements include:

- A current Freestyle Ontario Membership.
- Register with the Caledon Competitive Office and pay coaching fees prior to each session.
- Complete trampoline and water ramp waiver.
- Follow all host venue and Caledon Ski Club policies.



For more information, please contact the Competitive Office at 519-927-1086 or [competitive@caledonskiclub.on.ca](mailto:competitive@caledonskiclub.on.ca)

# Snowboard Cross (SBX) Weekend Program

## Ages 10-16 (YOB 2007-2013)

8 Week PROGRAM BEGINS Saturday January 6 & Sunday January 7

Session Times 9:00 to 11:00 & 12:00 to 2:30

The Snowboard Cross (SBX) Weekend Program is a full day program for snowboarders competing at Ontario Snowboard Events, travel is required. Athletes in this program will continue developing their riding while focusing on tactical and technical snowboard cross skills.

**NEW FOR 2024!** This program includes coaching fees/expenses for 2 Ontario Snowboard SBX Events\* and Ontario Snowboard SBX Provincial Championships\*. \*Athletes are still required to register for these events through their Snow Reg account, these fees are in addition to your 8-week program registration. NOTE – competitions may take place on weekdays.

Extra fees will be associated with any additional events. Costs will be divided evenly among the athletes and payment will be required prior to each competition.

On competition weekends programming at Caledon for athletes not going to Snowboard Ontario events may be altered. Please contact the Competitive Office if you are not planning to attend an event.

**\*Members of this program are required to purchase an Ontario Snowboard Membership for their competition level. Link to Ontario Snowboard Registration [HERE](#).**

**SKILL ABILITY** – Program participants are advanced snowboarders that are confident riding on all terrain with some speed and are able to load/unload chairlifts independently. All students must have a Terrain Park Pass.

**MEETING LOCATION** – Program drop off and pick will be at the West Lodge – by the wood shed.

<u>Period</u>	<u>Oct 16-Oct 31</u>	<u>Nov 1 – Nov 21</u>	<u>Nov 22 – Dec 15</u>	<u>December 15</u>
Camp 1 Dec 27 - 30	\$400	\$500	\$700	Contact
Camp 2 Jan 2-4	\$300	\$400	\$600	the Office for
Saturday & Sunday	\$2150	\$2300	\$2600	Availability

### OPTIONAL TRAINING OPPORTUNITIES:

DRYLAND TRAINING & FITNESS TESTING  
CAMP 1, 2,

*Notes: Groups are NOT interchangeable*

*Registration for programs closes on December 15. We will not process any registrations after this date.*

For more information, please contact the Competitive Office at 519-927-1086 or [competitive@caledonskiclub.on.ca](mailto:competitive@caledonskiclub.on.ca)

## Dryland Training, Ages 8-18 (YOB 2005 – 2015)

Dryland Training is an optional program for all athletes registering for Competitive Programs in the 2023-2024 season. This includes all Freestyle (Mogul and Slopestyle), Snowboard and Alpine Racing athletes. This program is a great way to meet some of the athletes and coaches in your program while being active outside! Athletes should arrive dressed for the weather and bring a water bottle.

Athletes must be 8 years of age as of December 31, 2023. \*Children 7 years of age (YOB 2016) are able to participate - a parent/guardian is required to remain on site during the program.

All participants **must preregister** through their Member Account on the Club website, complete the online waiver and Rowan’s Law acknowledgement prior to attending their first session.

**MEETING LOCATION** – Program drop off and pick up will be at the West Lodge. All activities will take place on the Caledon Ski Club property.

Dryland Training	Time	Dates	Days	
Dryland Training	10:00 – 12:00	Sept 17 to Nov 5 *	Sundays	Included with Competitive Program Registration

**\*NO TRAINING ON THANKGIVING SUNDAY, OCTOBER 8, 2023.**

## 3rd Annual Terminator Challenge, Ages 8-18 (YOB 2005 – 2015)

The Terminator Challenge is a FUN, invigorating event that encompasses all of our program values. Athletes will complete skills at stations as they loop around the Club property in this timed event. We will crown male and female champions in each age group (U10, U12, U14, U16 and U19) as well as an overall “Ultimate Terminator Champion”.

Athletes must be 8 years of age as of December 31, 2023. \*Children 7 years of age (YOB 2016) are able to participate – a parent/guardian is required to remain on site during the event.

All participants **must preregister** through their Member Account on the Club website, complete the online waiver and Rowan’s Law acknowledgement prior to participating.

**MEETING LOCATION** – Event drop off and pick up will be at the West Lodge. All activities will take place on the Caledon Ski Club property.

Dryland Training	Time	Dates	Day	
Terminator Challenge	10:00 – 12:00	Oct 15	Sunday	There is no charge for this event.

For more information, please contact the Competitive Office at 519-927-1086 or [competitive@caledonskiclub.on.ca](mailto:competitive@caledonskiclub.on.ca)

# Fitness Testing, Ages 8-18 (YOB 2005-2015)

All Competitive Program athletes age U10 to U19/FIS are welcome to participate. This includes all Freestyle (Mogul and Slopestyle), Snowboard Cross and Alpine Racing athletes. Fitness Testing is offered twice in the fall to help athletes measure their fitness level and prepare for the upcoming season. The Fitness Test will be conducted using Alpine Canada's (ACA) Fitness Combine, a guide that tests pertinent skills for to snow sport training and development for ages 8+, <https://ltad.alpinecanada.org/page/aca-fitness-combine>

All participants **must preregister** through their Member Account on the Club website, complete the online waiver and Rowan's Law acknowledgement prior to participating.

## Fitness Testing FAQ - Do I need a fitness test?

**U14 & U16 OCUP Racers – YES!** Alpine Ontario requires a copy of your fall fitness test results before your first competition of the 2023/2024 season.

**U19/FIS Racers –** Testing is **strongly recommended**.

**U14 & U16 SOD Cup Racers – YES, if you would like to qualify for OCUP Finals through the SOD race circuit you must complete a fall fitness test.**

**U10, U12, U14, U16, U19, Mogul, Slopestyle & Snowboard Cross Athletes –** Testing is optional but recommended for these age groups and disciplines.

**PLEASE NOTE –** If you are not able to attend the scheduled dates you will be required to make your own testing arrangements and submit results to the Competitive Office by December 1, 2023.

**MEETING LOCATION –** Fitness Testing will take place at The Hill Academy, 20490 Porterfield Road, Caledon.

Fitness Testing	Time	Dates	Day	
Fitness Testing #1	9am to noon	Sep-10	Sunday	Included with Competitive Program Registration
Fitness Testing #2	9am to noon	Nov-12	Sunday	Included with Competitive Program Registration



For more information, please contact the Competitive Office at 519-927-1086 or [competitive@caledonskiclub.on.ca](mailto:competitive@caledonskiclub.on.ca)



## Race Training Camps

### Sun Peaks, BC, Ages 10-18 (YOB 2005-2013)

This camp is for alpine racers age U12 and older. Note – U12 athletes (born 2012 & 2013) must be accompanied by a parent/guardian.

U12 Camp – December 1-10, 2023 (8 day camp option)

U14, U16, U19 Camp – December 1-15 (8 and 13 day camp options)

For more information, please contact the Competitive Office.

### Sun Peaks, BC, Adult Camp (18+)

This camp is for adult racers.

December 1-10, 2023 (3-8 day camp options)

For more information, please contact the Competitive Office.

### Mont Tremblant, QC, Ages 8-18 (YOB 2005-2015)

This camp is for alpine racers age U10 (2015) and older.

Dates – On Snow Monday December 11 to Friday, December 15, 2023 (5 days on snow)

For more information, please contact the Competitive Office.

### Whistler, BC, Ages 10-18 (YOB 2005-2013)

This camp is for alpine racers age U12 and older. Note – U12 athletes (born 2012 & 2013) must be accompanied by a parent/guardian.

Dates – 1 week and 2 week camp options, June 24 – July 8, 2023.

For more information, please contact the Competitive Office.



For more information, please contact the Competitive Office at 519-927-1086 or [competitive@caledonskiclub.on.ca](mailto:competitive@caledonskiclub.on.ca)

## 2023 - 2024 COMPETITIVE PROGRAM MAP OF SCHEDULE

U10	9:30 -12:00	LUNCH	U10	1:00-3:00	AGE 7-9
YRT	9:00 - 11:00	LUNCH	YRT	12:00 - 2:30	AGE 10-13
U12	9:30 -12:00	Lunch	U12	1:00-3:00	
U12 Extended	9:00 -11:00	Lunch	U12 Extended	12:00-3:00	
U14 SOD	9:30 -12:00	Lunch	U14 SOD	1:00-3:00	
U16 / U19 SOD	9:30 -12:00	Lunch	U16 / U19 SOD	1:00-3:00	
U14 OCUP	9:00 -11:00	Lunch	U14 OCUP	12:00-3:00	
U16 OCUP	9:00 -11:00	Lunch	U16 OCUP	12:00-3:00	
U19 / FIS	9:00 -11:00	Lunch	U19 / FIS	12:00-3:00	
ADULT RACE TRAINING (ART) Sat & Sun 10:00 - 12:00			ADULT RACE TRAINING (ART) Fri & Sat 1:00 - 3:00		
MOGULS & HPP	9:00 - 11:00	LUNCH	MOGULS & HPP	12:00 - 2:30	
SLOPESTYLE SKI	9:00 - 11:00	LUNCH	SLOPESTYLE SKI	12:00 - 2:30	
SNOWBOARD RACING	9:00 - 11:00	LUNCH	SNOWBOARD RACING	12:00 - 2:30	

**PLEASE CONSULT THE PROGRAM BROCHURE FOR DETAILS 2023 – 2024**

## RECREATION PROGRAM MAP OF SCHEDULE

3&4 YRS	Snow Bears Group 1 9:45 - 11:00	Snow Bears Group 2 11:15 -12:30	
4-6 YRS	Trailblazer Group 1 9:30 - 11:30		
4-6 YRS	Trailblazer Group 2 10:30 - 12:30		Trailblazer Group 3 1:30 - 3:30
6 YRS	U 7 10:30 - 12:30		U 7 1:30 - 3:30
7-12 YRS	Mountain Explorers Group 1 9:30 -11:30		
7-12 YRS	Mountain Explorers Group 2 10:30-12:30		Mountain Explorers Group 3 1:30 -3:30
13-16 YRS			Mountain Teens 1:30 - 3:30
Adults	Caledon Masters 11:00-12:30		Caledon Masters 1:30 - 3:00
8-14 YRS	Snowboard Shredders Group 1 9:30 - 11:30		Snowboard Shredders Group 2 1:30 - 3:30
8-16 YRS	Snowboard Rec Slopestyle 9:30-12:30	LUNCH	Snowboard Rec Slopestyle 1:30-3:00

**PLEASE CONSULT THE PROGRAM BROCHURE FOR DETAILS**

## CALEDON'S TERRAIN PARK & PARK PASS

PLEASE BE SURE **YOU & YOUR GUESTS** VIEW AND **COMPLETE THE ONLINE PARK PASS TEST** BEFORE YOU COME TO THE CLUB.

*Once the online test is completed, Park Pass Stickers can be picked up at the Customer Service/Ticket Desk at the Main Lodge or at the West Lodge. The Park Pass test must be completed every year.*

Everyone who wishes to enter the Terrain Park must watch our online video and complete the Park Pass test in order to receive a Park Pass Sticker. Park Pass Stickers can be picked up at the Customer Service/Ticket desks at the Main Lodge or the West Lodge. **To ensure a quick pick up please present your printed acknowledgement of the completed Terrain Park test.** A child under the age of six with a valid Park Pass sticker may enter the Terrain Park under the supervision of their parent, guardian or Instructor / Coach.

**There is no charge and the stickers must be renewed every year!**  
**Play it safe when you use the park. Read up and GET SMART!**

### Make A Plan

- Every time you use freestyle terrain, make a plan for each feature you want to use.
- Your speed, approach and take off will directly affect your maneuver and landing.

### Look Before You Leap

- Before getting into freestyle terrain observe all signage and warnings.
- Scope around the jumps first, not over them.
- Use your first run as a warm up run, and to familiarize yourself with the terrain.
- Be aware that the features change constantly due to weather, usage, grooming and time of day.
- Do not jump blindly and use a spotter when necessary. Know your landings are clear and clear yourself out of the landing area.

### Easy Style It

- Know your limits and ski/ride within your ability level.
- Start small and work your way up.
- Inverted aerials not allowed in the Caledon Terrain Park.

### Respect Gets Respect

- From the lift line through the park.
- Respect the terrain and others.
- One person on a feature at a time.
- Wait your turn and call your start.
- Always clear the landing area quickly.
- Respect all signs and stay off closed terrain and features
- 

### Helmet Policy Statement

It is mandatory that all Caledon Ski Club Skiers, and Snowboarders - while participating in a competitive program either at Caledon Ski Club or off-premises - shall wear a helmet. The helmet shall be worn at all times during training, gates, races and events. The helmets are to be recognized as ski or snowboarding helmets, and must be properly fitted.

All participants using the Terrain Park must wear a helmet.

The policy is subject to change. Please consult the Caledon Ski Club website for the latest version of the policy.



## ALPINE RESPONSIBILITY CODE

There are elements of risk that common sense and personal awareness can help reduce. Regardless of how you decide to use the slopes, always show courtesy to others. Please adhere to the code listed below and share with others the responsibility for a great outdoor experience.

# ALPINE RESPONSIBILITY CODE



THERE ARE ELEMENTS OF RISK THAT COMMON SENSE AND PERSONAL AWARENESS CAN HELP REDUCE. ALWAYS SHOW COURTESY TO OTHERS. PLEASE ADHERE TO THE CODE LISTED BELOW AND SHARE WITH OTHERS THE RESPONSIBILITY FOR A SAFE OUTDOOR EXPERIENCE.

- 1** Always stay in control. You must be able to stop or avoid people or objects.
- 2** People ahead or downhill of you have the right-of-way. You must avoid them.
- 3** Stop only where you are visible from above and do not restrict traffic.
- 4** Look uphill and avoid others before starting downhill or entering a trail.
- 5** You must prevent runaway equipment.
- 6** Read and obey all signs, warnings and hazard markings.
- 7** Keep off closed trails and out of closed areas.
- 8** You must know how and be able to load, ride and unload lifts safely. If you need assistance, ask the lift attendant.
- 9** Do not use lifts or terrain when impaired by alcohol or drugs.
- 10** If you are involved in a collision or incident, share your contact information with each other and a ski area employee.

## Know the Code - It is Your Responsibility



08/2023



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**ALPINE**

**PROGRAM OFFICE – Main Lodge**

Tel **519-927-9975**  
Fax **519-927-9974**  
[alpine.dev@caledonskiclub.on.ca](mailto:alpine.dev@caledonskiclub.on.ca)

**COMPETITIVE**

**PROGRAM OFFICE – West Lodge**

Tel **519-927-1086**  
Fax **519-927-1087**  
[competitive@caledonskiclub.on.ca](mailto:competitive@caledonskiclub.on.ca)

**Caledon Pro Shop: 519-927-9371**

**West Lodge**

**Caledon Pro Shop Hours:**

9:00 a.m. - 4:00 p.m. on operating days  
Operated by Skiis and Biikes  
Contact: Gillian Montgomery  
[gilliankmontgomery@gmail.com](mailto:gilliankmontgomery@gmail.com)  
**905-896-1206**