

2016 Ski and Snowboard Freestyle Programs

PROGRAM OVERVIEW

Whether your goal is to better your skills in the terrain park, in the trees, compete in freestyle competitions or you are a newcomer, the freestyle program at the Camden Snow Bowl will give you the skills to succeed. The new freestyle program will teach athletes the tools to progress their skiing all over the mountain. Coaches will teach athletes aspects of slopestyle, freeride, moguls and necessary fundamental skills throughout the season. The program will focus on teaching athletes park etiquette, learning tricks through progression and the skills needed to be a well-rounded skier. It is our goal in the freestyle program to work with each individual athlete to focus in the areas of skiing he or she wishes to pursue in freestyle skiing as part of an exciting new team.

GENERAL INFORMATION

All participants must be at least intermediate level skiers/snowboarders who can ride the lifts on their own without an adult.

All participants must have a valid season pass or a day ticket whenever they are on the slopes.

All programs include teaching of basic skills (balance, edging, weight transfer and body position). This is accomplished through fun drills, free skiing, and gate training. Younger, less-experienced children, will spend more time free skiing with their coach while more experienced athletes will spend more time working with gates. Athletes are grouped by age and ability, and train accordingly. Emphasis is on doing one's best rather than absolute results. The goal is to make the experience rewarding for everyone.

It is parents' responsibility to have their children ready for training on time, and to provide adequate clothing for the weather. There will be days, for example, when athletes may need extra gloves or mittens or face protection. The program will run whenever the ski area is operating.

EQUIPMENT REQUIRED

All athletes must come to sessions with:

- Helmet
- Goggles (based on weather)
- Poles*
- Sufficient outerwear for winter season
- Protective padding (optional but recommended)**
- Freestyle Skis***/Snowboard***
- Adequate Bindings***
- Boots

* Poles are not mandatory for skiing in the park; some athletes may prefer to go without for a variety of reasons like control, comfort and style. This is a personal preference, however athletes in the freestyle program will be skiing in the trees and in moguls where having poles will progress an athlete's ability much faster if they have poles to maneuver through the obstacles. Balance and control are much easier to learn and execute in these parts of the mountain if a skier uses poles.

** There are a variety of protective layers available that are made specifically for skiing, specifically freestyle. Along with helmets a multitude of companies offer protective layers for athletes hips, tailbones, spine, arms and hands. All of these protective layers are worn under jackets and snow pants, are very unrestrictive and make minor falls much less stressful on an athlete. For example, most commonly falls in slopestyle skiing are taken to the hip so simply wearing hip pads takes some of the risk out of the sport.

*** See equipment fitting recommendations

FREESTYLE PROGRAMS

U10-U14 (ages 8 to 13)

Mid-Winter Weekend Program:	Jan 9 - Mar 5, Saturdays 9-12am, Sundays 9-12am (no program Feb vacation week)	-SKI-	Cost: \$350
Mid-Winter Weekend Program:	Jan 9 - Mar 5, Saturdays 9-12am, Sundays 9-12am (no program Feb vacation week)	-SNOWBOARD-	Cost: \$350

U16+ (ages 14 to 18)

Mid-Winter Program:	Jan 9 - Mar 5, Fridays 4-6pm, Saturdays 9-12am, Sundays 9-12am (no program Feb vacation week)	-SKI-	Cost: \$400
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