

### Information on Junior Ski Team:

- This program is geared towards youth ages 10 and up who are interested in competing in Alberta Cup races and/or local loppets.
- Skiers participating in the program must have basic abilities in classic and skate techniques.
- The focus of training will be improving ski technique, as well as building fitness levels to meet the demands of racing.
- Program costs are \$150 per skier, plus membership fees, and include:
  - fall dryland training
    - Tuesdays and Thursdays at 4:30 pm
    - Weekend training on Saturday and/or Sunday.
    - Dryland training continues until there is sufficient snow on the trails for skiing
  - ski training through the winter, until the end of race season
    - Follows same schedule as dryland training
- Members of the Junior Ski Team can expect
  - To increase their fitness, learn new skills and HAVE FUN while training with friends
  - To have the opportunity to travel to races with their coach and teammates
  - To learn how to prepare for races, including proper ski preparation
  - To receive coaching at races
  - To participate in club events, and contribute to the club through fundraising activities and helping with younger skiers