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*Our Vision:*

*"Hidden Valley Highlands Ski Area and Muskoka Ski Club provide a safe, fun Resort for our members, guests and our employees, bringing them back year after year."*

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*"A child must learn to walk before learning to run. Skiing skill development must follow the same sequence, with basic skiing technique being mastered, allowing young skiers to master steeper slopes and more difficult snow conditions, before serious ski racing begins. The challenge of speed, the essence of ski racing, must come in a 'run for fun,' not 'run to win' situation. Formal competition too early in the development of skills may stifle a child's natural delight in racing before they can develop their full potential."*

Nancy Greene Raines

The 20/21 season is unlikely to look like any previous seasons and we are really excited about the opportunities ahead of us.

Alpine Ontario has suspended SOD racing and events for now so we have a great opportunity to concentrate all our coaching efforts on fundamental skills and developing strong all-round skiers. Following the ski area guidelines we will have in-house competition and skills environments to benchmark and challenge all our athletes. Team events will be a big part of this season and teams will include different age groups. There will be a variety of events and activities throughout the season and at the end of the season we will award the Muskoka Cup to the winning team!

### **FAQ's**

#### Where do I register?

All registration goes through our TEAMSnap link <https://go.teamsnap.com/forms/248610>

Once you complete the registration you will check out without paying. Our office will process payment using the credit card on file based on your registration.

#### When is registration open?

Now, follow link here. <https://go.teamsnap.com/forms/248610>

#### Is there a discount for early registration?

10% discount is applied to registrations submitted before November 18<sup>th</sup>.

#### Is there a deadline?

December 4<sup>th</sup>. Registration received after this date will be put on a wait list. Once group size and coach resources are confirmed we will notify you of next steps. You will not be charged for your registration until accepted.

#### How will I know about plans and changes?

TEAMSnap is the platform we use for communication. It is web and app based. Communication can be via email, text or group chat.

#### Will the groups be the same as last year for returning children?

Probably not. Group size will be determined by Public Health, ski area management and coach availability.

#### Will my child have the same coach as last year?

Possibly. Coach assignments are based on skills sets and their desire to coach certain age groups.

#### Can I request a coach?

Yes but... Coach assignments are based on skills sets and their desire to coach certain age groups.

#### What is the daily schedule?

We anticipate staggered start, lunch and finish times for each group but all programming will fall between 8:30AM and 3:30PM including Friday and Monday training.



**Muskoka Ski Club program dates:**

December	27 <sup>th</sup> -31 <sup>st</sup>	Christmas program
January	9 <sup>th</sup>	9-week program commences
March	6 <sup>th</sup> – 7 <sup>th</sup>	Club Championship and MSC Race awards

**9 WEEK program** is 18 training days commencing Saturday Jan 9<sup>th</sup> ending with the annual Club Championship.

**REGULAR program** is 23 training days – above plus December 27-31 inclusive.

**ENHANCED program** is 32 training days – all above plus 9 Fridays.

**ENHANCED PLUS program** is 41 training days all above plus Mondays.

Enhanced and Enhanced Plus programs are available to U10,12,14 participants who are independent skiers and lift riders who are looking for performance opportunities. Athletes must be committed to the long term process of skill development. These programs requires a minimum of 6 participants to run.

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**PROGRAM NOTES and DESCRIPTIONS**

**Tiny Talent**      **Ages 4-5 as of December 31, 2020**      **Morning Only**

Our Tiny Talent Team introduces 4-5 year olds to the fundamental skills of sliding in a fun, animated, safe and structured environment. Preference will be given to returning 5 year olds due to class size restrictions.

**U 8**      **Ages 6-7 as of December 31, 2020**      **Morning and Afternoon Sessions**

Our Talent Team introduces 6-7 year olds to the fundamental skills of sliding in a fun, animated, safe and structured environment. Participants must be able to ride the Blue chairlift independently.

**U 10**      **Ages 8-9 as of December 31, 2020**      **Morning and Afternoon Sessions**

U10 is our entry level skills program for ages 8-9 with an emphasis on participation rather than competition. Teamwork and a social atmosphere are as important as technical skills (stance and balance, pivoting, edging, rhythm), introducing tactical skills (turn shape, speed) and developing well rounded ski skills.

**U 12**      **Alpine Race**      **Ages 10-11 as of December 31, 2020**      **Morning and Afternoon Sessions**

The programs objectives include developing technical skills (stance and balance, steering, pivoting, edging, rhythm), introducing tactical skills (turn shape, line in course) and developing racing skills. FIS approved helmets are mandatory.

**U14**      **Alpine Race**      **Ages 12-13 as of December 31, 2020**      **Morning and Afternoon Sessions**

The objectives of the program include the consolidation and refinement of technical skills, the development of tactical skills and to have fun! FIS approved helmets are mandatory.

**U16**      **Alpine Race**      **Ages 14-15 as of December 31, 2020**

The objectives of the program include the consolidation and refinement of technical skills, the development of tactical skills and to have fun! FIS approved helmets are mandatory.

**U19**      **Alpine Race**      **Ages 16-18 as of December 31, 2020**

This NEW program combines elements of ski skill development, race execution and coach mentoring. Program participants will spend time in group activities as well as coach development and environment setting with other groups. Near the end of the season participants will participate in the Canadian Ski Coach EL program. Fees for this are included in the program price.

**All Mountain Ski Program** **Ages 8 – 13 as of December 31, 2020**

All mountain free skiing, Park and Race

Athletes must be competent Blue run skiers with some Black Diamond experience

This member only program is for skiers looking for an all-round ski experience including race, all mountain and terrain park disciplines. Helmets are mandatory.



PROGRAM	PROGRAM FEE	Notes
<b>TINY TALENT TEAM</b>	Age 4-5	Parent participation may be required.
Regular program <b>2hr.</b>	595	
9 Week only <b>2hr.</b>	575	
<b>U8 Talent Team</b>		
Regular program	1040	23 Training Days
9 Week program only	1010	18 Training Days
<b>U10</b>		
Enhanced Plus program	1680	41 Training Days
Enhanced program	1375	32 Training Days
Regular program	1040	23 Training Days
9 Week program only	1010	18 Training Days
<b>U 12</b>		
Enhanced Plus program	1930	41 Training Days
Enhanced program	1570	32 Training Days
Regular program	1190	23 Training Days
9 Week program only	1155	18 Training Days
<b>U14</b>		
Enhanced Plus program	2010	41 Training Days
Enhanced program	1630	32 Training Days
Regular program	1220	23 Training Days
9 Week program only	1185	18 Training Days
<b>U 16</b>		
Enhanced Plus program	2010	41 Training Days
Enhanced program	1630	32 Training Days
Regular program	1220	23 Training Days
9 Week program only	1185	18 Training Days
<b>U 21</b>		
Regular program	1220	23 Training/Mentor Days
<b>U14 ALL MOUNTAIN</b>		Age 8 +
Regular program	1220	23 Training Days
9 Week program only	1185	18 Training Days