

Welcome to the 2022-2023 Winter season!

The Muskoka Ski Club offers a strong development program for all our alpine athletes. We do this by being progressive in our training methods, combining sound skill development based on the principles of Alpine Canada's Long-Term Athlete and Skier Development model, socialization and fun. Our coaches are trained and certified by the CSC, CSIA, CFSA and participate in annual technical and educational updates.

Program Dates

Christmas Camp is 5 days including training and race day with awards. December 27-31 inclusive.

9 Week Program is 18 training days (9 Saturday and Sundays) commencing Saturday Jan 7th ending with the annual club championship and MSC Race (March 4th – 5th).

Regular Program is 23 training days including Christmas and 9 week programs.

Enhanced Program is 32 training days including Christmas, 9 week and Friday day programs. (U12-16)

The Enhanced Program is for participants who are independent skiers looking for performance opportunities. Athletes must be committed to the long-term process of skill development. Require minimum 6 participants to run.

Please note: If you are interested in the Enhanced Program, please register for the Regular Program for the time-being until we have finalized coaching details. You can also send an email to kate@skihiddenvalley.ca to express your interest in the Enhanced program.



Team Snap Registration opens **Monday, November 14th at 9:00am**
Click [HERE](#) to register.



Muskoka Ski Club Member Programs 2022-2023

Program Descriptions

U6 Tiny Talent

Age 5* 2 Hour Morning Program

Our Tiny Talent Team introduces 5-year-olds to the fundamental skills of sliding in a fun, animated, safe and structured environment. Participants must be able to ski green runs independently and in control. Our Tiny Talent Team is the next step after ski school.

U8 Multi Sport

Ages 6-7* Morning and Afternoon Sessions

Our multi-sport model 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.

U10 Multi Sport

Ages 8-9* Morning and Afternoon Sessions

This program 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.

U12 Alpine Race

Ages 10-11* 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. Athletes' train and race in a variety of alpine disciplines including: giant slalom (GS), slalom (SL), paneled slalom (PS), and terrain kombi (KOM). FIS approved helmets are mandatory.

U14 Alpine Race

Ages 12-13* 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* 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.

*DOB as of December 31, 2022

Program	Program Fee	Notes
U6 Tiny Talent Team		Age 5
Regular program 2hr.	\$625	This program is the next step after learning to ski.
9 Week 2hr.	\$605	
U8 Multi Sport Team		Age 6 & 7
Regular program	\$1095	23 Training Days
9 Week program	\$1060	18 Training Days
U10 Multi Sport Team		Age 8 & 9
Regular program	\$1095	23 Training Days
9 Week program	\$1060	18 Training Days
U12 Alpine Race Team		Age 10 & 11
Enhanced program	\$1650	32 Training Days
Regular program	\$1250	23 Training Days
9 Week program	\$1215	18 Training Days
U14 Alpine Race Team		Age 12 & 13
Enhanced program	\$1715	32 Training Days
Regular program	\$1280	23 Training Days
9 Week program	\$1245	18 Training Days
U16 Alpine Race Team		Age 14 & 15
Enhanced program	\$1715	32 Training Days
Regular program	\$1280	23 Training Days
9 Week program	\$1245	18 Training Days

Additional Events: Athletes participating in additional skills and invitational events are responsible for entry fees, coach fees and coach expenses. (I.E. Muskoka Rodeo, Mastermind, [Whistler Cup](#) .) These events TBC.

[Alpine Ontario](#) collects their fees directly through an online payment service. U12-16 Alpine Race athletes may require registration with Alpine Ontario. These fees are paid directly to the Provincial Sport Organization.

