



2009 - 2010

# Program Information

[Albertafreeskiers.com](http://Albertafreeskiers.com)



The Alberta Freeskiers provide fun programs for skier's ages 10-17 who wish to reach their greatest potential recreationally or competitively.

## Technical skills & development

- All Mountain Skiing
- Park Skiing
- Resort Safety

## Training at

- Lake Louise
- COP Evenings
- Away weekends to Fernie, Kicking Horse, and Revelstoke



*Alberta Freeskiers coach Kevin Bernier*

## Options

- Skier cross training & competitions
- Junior Freeskiing competitions
- Dryland & Gymnastics
- Holiday Camps
- Opportunities for training to coach within club



Our team promotes attending ski race programs until the age of ten which provide a strong foundation for the transition to various aspects of all mountain skiing and resort safety at a number of resorts.

Freeskiing is more than just tricks, it is about the passion one has for the sport of skiing and the freedom it allows all of us to express. Through our coaching we stress the importance of safety to our athletes; by improving there technical all- mountain skills enabling them to ski with less risk.

Our athletes are placed in groups according to age, ability, parental preferences, and friendships in order to maximize the social aspect of freeskiing in a team environment.



The coaches we employ are avid freeskiers and have dual certifications (Canadian Ski Instructors Association & Canadian Coaching Federation) **specifically training them to work with children and teens**. Instructing (Ski School) experience improves overall understanding & demonstration of body mechanics and technical skiing. Coaching experience brings the ability to work with & mentor young athletes in a team environment while providing **ongoing assessment** of technical skills and exercises. Our coaches are privileged to act as role models for the young athletes and love sharing our passion of the sport with your children.

Our coaches' work directly with program director Kevin Bernier who has fourteen years of experience with instructing and coaching internationally. Kevin developed the Alberta Freeskiers six seasons ago combining the knowledge gained from multiple certification levels with both ski alliances. On a weekly basis Kevin supports the coaching staff with skills to work on for the day through innovative & fun training methods applied in all mountain terrain.

Our team is known for providing our athletes with:

- **Consistent technical coaching on the ENTIRE mountain**
- **Setting up safe training environments**
- **All around technical skiing development & video analysis**
- **Providing skills and tips for adapting technique to any type of terrain**
- **Website to interact with by uploading & viewing pictures & edited short films**
- **Long-term development in skills and passion for the sport/culture**

90% of our time is spent skiing the steep bowls & chutes, powder anywhere it can be found, our secret tree stashes, and taking drops and airs (according to each group's ability)



*Alberta Freeskiers coach Mitch Suliak*



## Safety

In the fall we will hold a seminar (dates TBA) highlighting the issues of:

- **Safe and informed decision making**
- **Assessing risk**
- **Review of the Alpine Responsibility Code & trail map of Lake Louise**

We use the afternoon to have your children meet their fellow teammates through games & discussions. We ask all of our Freeskiers to attend.

Through the instructor and coach training certifications, our coaches are trained in injury & accident prevention. Freeskiing can be a dangerous & in numerous cases; a deadly activity. We take safety seriously and communicate this to our athletes.

Please have your children read these freeskiing safety related articles: (click on hyperlinks)

<http://www.ifyouski.com/news/newsarticle/?ObjectID=7999515>

[http://freeskier.com/freeskier/news.php?news\\_id=483&ra=1](http://freeskier.com/freeskier/news.php?news_id=483&ra=1)

<http://www.crestedbuttenews.com/articles/2007/01/19/news/news03.txt>

<http://www.tramdock.com/tramdock/newsletter/s1/a257/Interview-with-CR-Johnson.html>

Our coaches carry two way radio's with access to the Lake Louise Ski Patrol.

We also include Avalanche skills & Awareness Sessions within all programs and the opportunity for certification for athletes



## **35 Day (FR35)**

Ages 14+ Saturdays and Sundays at Lake Louise  
Includes three away trip weekends (Fernie, Kicking Horse, Revelstoke)  
Option to compete in JR Freeskiing Events & Club Races  
**\$1470.00**

## **21 Day (FR21)**

Sundays at Lake Louise  
Includes three away trip weekends (Fernie, Kicking Horse, Revelstoke)  
Option to compete in JR Freeskiing Events & Club Races  
**\$995.00**

## **15 Day (FR15)**

Sundays at Lake Louise  
Includes one away weekends (Kicking Horse or Revelstoke)  
Option to compete in JR Freeskiing Events & Club Races  
**\$785.00**

## **12 Day (FR12)**

Sundays at Lake Louise  
Option to compete in JR Freeskiing Events & Club Races  
**\$645.00**

## **15 Nights at COP (FRCOP)**

Wednesday evenings 6:30-8:30  
**\$525**

**Program Calendars will be sent out by email in October**

**During Away Weekends** coaches travel expenses will be split up amongst families in attendance (\$35/athlete/day)



*Team member Zach Hertz in Mt. Baker*



## Skier Cross Development Team

### Senior 34 Day (SX30)

Ages 15+

16 Saturdays Freeskiing at Lake Louise

6 Saturdays gate training at Lake Louise

15 Nights COP (sx course, starts, gates, park)

Four Skier Cross Races

Two away trip weekends (Fernie, Kicking Horse, Revelstoke)

Option to train in Alpine Alberta Speed Camp

Option to compete in JR Freeskiing Events & Club Races

**\$1930.00**

### Junior 28 Day (SX28)

Ages 14 and under

16 Sundays Freeskiing at Lake Louise

4 Saturdays gate training at Lake Louise

15 Nights COP (sx course, starts, gates, park)

Two Skier Cross Races

Two away trip weekends (Fernie, Kicking Horse, Revelstoke)

Option to train in Alpine Alberta Speed Camp

Option to compete in JR Freeskiing Events & Club Races

**\$1690.00**

**Entry Fee's and Travel Expenses are not included**





---

Additional Options (**contact us for more details**)

## Away Weekends

Fernie, Kicking Horse, Revelstoke

## Christmas & Spring Break Camps

Costs & Dates TBA

## Avalanche Skills Training Course at Lake Louise

Ages 13 +

Basic Avalanche introductory training will be included in programs at Lake Louise

Costs & Dates TBA

## Junior Freeskiing Competitions ages 9-17 (optional)

Competitors are judged on 5 different criteria; Line Choice, Control, Fluidity, Technique, and Aggressiveness.

Each criterion is marked out of 10 for a total possible score of 50. Five judges score each skier and then an average from all 5 judges determines the competitor's final score. Competitions will be held at LL, Fernie, Red Mountain, and Kimberly.

**Let us know if you are interested in competing and we can organize coaching for each event.**

Check RCR Competition page for Event Updates & Dates [http://secure.skircr.com/event\\_registration/index.html](http://secure.skircr.com/event_registration/index.html)



## Typical Winter Ski Day at Lake Louise

9:30 am	Begin Loading at the Glacier Express Quad. ❄️
9:45 to 10:00	Group stretch at the base of Top of the World
11:45	Meet parents in front of Kokanee Cabin / Lunch.
12:30	Meet coaches in front of Kokanee Cabin for afternoon skiing.
12:30 to 3:30pm	Afternoon ski session with coaches.
3:30pm	End of day, meeting place in front of Kokanee Cabin.

❄️ *Latecomers are asked to remain at the bottom of Top of the World Chair; groups will do one warm up run and check back*

### Equipment Required

- One pair of **twin tip** skis with bindings, which meet current safety and certification standards used by ski shops.
- A valid Lake Louise Ski Pass (ski passes are not included in the program cost)
- One pair of ski boots that are front entry and allow for flex.
- One pair of ski poles.
- Warm clothing - winter jacket & pants, insulated mitts or gloves, neck warmer, and thick socks, etc
- A ski helmet with gogg



## Participant Code of Conduct

Under no circumstances will negative attitudes, ignorance and segregation within the ski group be tolerated. Foul language, explicit conversations, and racism is strongly not tolerated. We encourage friendships within this group. While we realize that not everyone will get along from time to time, we will not tolerate any form of meanness, intimidation, or manipulation. We do encourage:

1. Efforts to be friendly with all of your teammates.
2. Appreciation that we are all different.
3. Control of temper.
4. Open communication with your coach.
5. Support of one another.
6. Team spirit - never leave someone behind or out. All for one and one for all!

Also, being part of a group makes you more visible to the public, ski area personnel and to other families involved with the program. Please be aware of your language and behaviors in the presence of others.

If we deem it necessary and we are unable to resolve the issue within the circle of the coach and the participant(s), we will bring intolerable behaviors to the attention of the parents of the children involved. If intolerable behaviors continue after warnings the participant(s) will be asked to leave the program without a refund.

Contact: [kevin@albertafreeskiers.com](mailto:kevin@albertafreeskiers.com) Kevin @ 403.969.0848