

2013 ON-SNOW PROGRAMS



Learn new tricks, improve your carving and shred with a crew of riders just like you. Get coached in fun competitions!

Shredders is an introduction to competitive snowboarding program for intermediate riders focused on fun and improving the skills needed to begin participating in competitions. Weekly training is designed and presented by coaches certified by the Canadian Snowboard Coaching Program (CSCP) and NCCP (National Canadian Coaching Program).

You'll get 6-8 coached training days, 3 coached local competitions!

Ages: 10+ years old

When: Saturdays starting January 12, 2013 (6-8 sessions, weather permitting)

Time: 10:15 AM to 3:15 PM

Where: Mt. Sima

Cost: \$300

Required Skill Level: You should be comfortable riding the chairlift and snowboarding in control on most runs at Mt. Sima.

Included: FREE entry to Riders competitions.

Not Included: Snowboard Yukon Basic Competitor License (\$20), lift tickets, snowboard, helmet.

Can't wait to get started?

Shredders are eligible for trampoline training in the fall of 2012. See the Dryland Training Info Sheet for more info!

Got Questions?

Contact Mary Binsted, Head Coach, mary@snowboardyukon.com, 334-2944

2013 ON-SNOW PROGRAMS

E-TEAM

Ready to step it up? Got your sights set on Team Yukon in the future? Join the E-Team and start training towards your goals.

The E-Team is a training program for advanced riders focused on skill progression in freestyle and snowboardcross. If you dream of competing at the Canadian Nationals or at the Arctic Winter Games, this is the place to get started working towards your goals.

You'll get 6-8 coached training days, coached local competitions and the opportunity to participate in a mid-season outside camp & competition camp and competition in Alberta!

Required Skill Level: You should be comfortable riding many of the terrain park features at Mt. Sima and be looking to improve your skills in a coached environment.

Ages: 12+ years old

When: Every Saturday starting January 12, 2013 (weather permitting)

Time: 10:15 AM to 3:15 PM

Where: Mt. Sima

Cost: \$360

Not Included: Snowboard Yukon Advanced Competitor License (\$25), lift tickets, helmets, and outside trip travel expenses.

Want to get better faster?

Join Dryland Training this fall. Strength & Conditioning, Trampoline and Yoga help you stomp new tricks sooner and prevent injuries. See the Dryland Training Info Sheet for more info!

Got Questions?

Contact Mary Binsted, Head Coach, mary@snowboardyukon.com, 334-2944

2013 ON-SNOW PROGRAMS

Travel Team

Snowboarding is your life. You're totally committed. You're all in. This is your team.

The Travel Team is new this season. It is designed for committed freestyle and snowboardcross athletes who are training at a high performance level. The Travel Team is a holistic training program running from early fall to late spring and includes dryland and on-snow training, local and outside competitions and individualized attention for the rider focused on the Canadian Nationals and beyond.

Here's what your season will look like; about 15 coached on-snow training days, 6-8 coached competition days, outside pre-season, one mid-season, and one late-season camp, and approximately 40 dryland training sessions including trampoline, strength & conditioning and yoga.

Required Skill Level: You should have competition experience at the territorial level and above (e.g. AWGs, Canada Games, or Nationals) and have participated in E-Team or a similar training program.

Ages: 13+ years old

When: Dryland Training begins in September. On-snow training starts with the Pre-Season Camp in mid-December, regular training is every Saturday starting January 2, 2013 at Mt. Sima. See the Dryland Training and Camp schedule for further information on the outside camps and gym sessions.

Cost: \$1,200

Not Included: Snowboard Yukon Advanced Competitor License (\$25), lift tickets, helmets, outside trip travel expenses, individual professional sports supports such as physiotherapy or sport psychology.

Got Questions?

Contact Mary Binsted, Head Coach, mary@snowboardyukon.com, 334-2944

2013 DRYLAND TRAINING PROGRAMS

Dryland training is a great way to prepare for the winter and maintain your conditioning throughout the season. Most programs (with the exception of Shredders Trampoline), are aimed riders 12 years and up.

Please note: The cost per rider is based on a minimum number of participants. If the minimum number is not meant we will either be unable to run it or the price may increase. Costs, dates and times subject to change.

STRENGTH & CONDITIONING

Strong, fit snowboarders achieve their goals more quickly and are less susceptible to injury. Sessions are planned and led by a strength and conditioning trainer and supervised by Snowboard Yukon coaches.

Ages: 12+ years old

When: Thursdays, September 13 to February 28 (approx. 22 sessions)

Time: 7:00–8:30 pm

Location: Better Bodies Studio

Cost: \$300

Minimum 8 participants | Maximum 12 participants

BALANCE, FLEXIBILITY & TRAMPOLINE TRAINING

Snowboarders benefit from balance and air awareness training in the pre-season. Under the direction of a trained Aerobatics coach, the riders use various gymnastics apparatuses including the trampoline to discover how to manipulate their bodies in the three axis of movement and improve balance in an environment with lower consequences than on snow. Improvements in core strength is also focused on. Sessions are presented by aerobatics coaches and supervised by Snowboard Yukon coaches.

Ages: 10+ years old

When: Mondays, September 10 to December 17 (13 sessions)

Time: Shredders 7:00–8:00 pm | Advanced 7:30–9:00 pm

Location: Polarettes Gymnastics Club

Cost: Shredders \$140 | Advanced \$200

Minimum 6 participants | Maximum 8 participants (per level)

2013 DRYLAND TRAINING PROGRAMS ...CONTINUED

YOGA

Yoga is practiced during the snowboard season to maintain strength and balance in addition to continuing to improve flexibility. Yoga also helps to develop good breathing technique and mental focus, which is key to success in competition.

Ages: 12+ years old

When: Wednesdays, January 9 to February 27 (8 sessions)

Time: TBD

Location: White Swan Studio

Cost: \$140

Minimum 6 participants | Maximum 8 participants

Got Questions?

Contact Mary Binsted, Head Coach, mary@snowboardyukon.com, 334-2944

2012-13 PROGRAM REGISTRATION FORM

ATHLETE INFO

Name

Address

City

Territory/Province

Postal Code

Telephone

Cell

Birthdate

Athlete's Email

PROGRAMS Which programs are you signing up for?

DRYLAND

Shredders Trampoline (\$140)

Advanced Trampoline (\$200)

Strength & Conditioning (\$300)

Yoga (\$140)

ON-SNOW

Sandor's Shredders (\$300)

E-Team (\$360)

Travel Team (\$1200, includes Trampoline, Strength & Conditioning and Yoga fees)

TOTAL PROGRAM FEES \$_____ (Please make cheques payable to Snowboard Yukon.)

TO REGISTER

Please drop this **Registration Form**, the **Emergency Medical Information & Release Form** and your **Payment** at:

- **Sport Yukon**, (4061-4th Avenue Whitehorse), or
- **Sandor's Clothing** (80 Chilkoot Way #110 Whitehorse)

Note: You must also have a Canada~Snowboard license to participate in these programs. Please purchase your license online at: www.canadasnowboard.ca/en/ms/membership/

PLEASE SIGN THE RELEASE ON THE NEXT PAGE...



PLEASE READ AND SIGN THE FOLLOWING:

I am aware that snowboarding involves certain danger and risks, including, but not limited to collision with natural and man-made objects and with other snowboarders/skiers and spectators, falling at high speeds while racing or training, and/or entering into avalanche risk areas in mountainous regions and I freely accept and fully assume all such dangers and risks and the possibility of personal injury, death, property damage, or loss resulting there from. Based on this understanding I absolve Snowboard Yukon, Yukon Alpine Ski & Snowboard Association, Great Northern Ski Society, Mount Sima, the coaches, other paid employees and volunteers of all responsibility for any accident, injury or mishap which may result through participation in this program.

Athlete Signature

Guardian Signature

Date

Date

HELP SNOWBOARD YUKON GROW

While our participation and coaching numbers have grown, our volunteer base has not. We're hoping that with a few more hands on board, we'll be able to continue the forward momentum. Even one day or approximately 6 hours of your time will go a long way. Please indicate the area(s) in which you can contribute:

- | | | | |
|--------------------------------------|--------------------------------------|------------------------------------|---|
| <input type="checkbox"/> Events | <input type="checkbox"/> Admin | <input type="checkbox"/> Marketing | <input type="checkbox"/> Communications |
| <input type="checkbox"/> Fundraising | <input type="checkbox"/> Sponsorship | Other: | |

In lieu of your time, we would be happy to accept a donation. (Suggested \$50) \$

Volunteer Name

Email

snowboard yukon

Athlete/Participant Emergency Medical Information & Release Form

This form is a confidential document.

Athlete's Personal Information

Name:	Sex: Male <input type="checkbox"/> Female <input type="checkbox"/>
Birthday: Day Month Year	
Address:	

Emergency Contact

Name:
Telephone, day:
Telephone, evening:

Medical Information

Name of family doctor:
Telephone of family doctor:
Yukon Health Insurance number:
Important medical considerations:
Medicines:
Allergies:
Blood type:
Previous serious injuries or illnesses:
Can the participant/athlete administer their own medication(s)? Yes <input type="checkbox"/> No <input type="checkbox"/>
Other (prosthesis, contact lenses, etc.):

If during the course of my (my child's) participation in any activity associated with Snowboard Yukon, should I (my child) become injured or ill, I hereby authorize Snowboard Yukon to obtain emergency medical/dental care, transportation, and injury rehabilitation care without first obtaining my prior consent or the consent of the parent/guardian.

ACCEPTED BY:

Athlete signature:	Date:
Parent/Legal guardian name: (print)	
Parent/Legal guardian signature:	Date: