

Snowboard Programs

Snowboard Development Racing League

The Snowboard Development League is a home based program for Junior Riders ages 8-13 and Senior Riders ages 14-18. This program is offered Monday evenings from 7-9p.m. beginning January 5, 2009. The 8-week program includes two fun races plus the annual family fun race held in March.

The focus of this program is on the FUNDamental skills of snowboarding and snowboard racing. A great introduction to snowboard racing this program is well suited for those riders who are not interested in traveling to competitions. This program will focus on Boardercross skills with some Giant Slalom gate training.

All new participants must attend one skill assessment session and be able to demonstrate controlled snowboarding on all blue and black terrain.

Assessment dates: To be determined
Please contact Sharon Norris, MHRC Membership 905-337-9470 or email: jsnorris@sympatico.ca to reserve a time.

Please note that this is NOT a learn to snowboard program.



Snowboard Racing League

The Snowboard Racing League is for athletes 11-13 (Junior Category) and 14-18 (Senior Category). This program offers four Boardercross Competitions. Racers will participate in the Association of Ontario Snowboarders Competitive Points Series Races. Whilst the program is based on FUNDamental skill development, it also encourages the athlete's attention towards learning specific skills for racing, and at the same time fostering a love for the sport of snowboarding and snowboard racing.

This program begins December 26 for a six day Training Camp. The 8-week program is held on Monday evenings from 7-9p.m. beginning January 5, 2009. and on Sundays 9a.m.-12p.m. and 1-3p.m. inclusive when no race is scheduled that weekend.

On race days, athletes are required to train after the race at the host hill. **Race Entry fees are extra for this program.**

Pre Season Ultimate Ski and Snowboard Dryland Camp

Included in your club membership, this 7-week program begins Sunday October 19th from 10a.m.-12p.m. Athletes will be challenged physically and mentally by the Milton Heights coaches to complete various skills essential to be a successful ski or snowboard racer. Each session will include a proper warm up and cool down plus cardio exercise in addition to various combinations of exercises covering the skills including balance, quickness, strength, power, and many more. The overall emphasis will be on fitness and fun! Racers will meet the coaches in the Glen Eden parking lot, beyond the bridge. Remember to wear comfortable clothing, bring lots of water and be prepared for any kind of weather.



Thank you to league sponsors who support racing in Southern Ontario.

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Registration is easy!

Visit www.miltonheights.com. Enter "Join our Club" and sign up for your new account – New User Registration. Click on Registration: Complete each form, print, sign and bring completed forms along with payment to any Dryland Training Session, Sundays from Oct 19th to Nov 30th from 10:00 AM to 12:00 Noon. For additional information: contact Sharon Norris at 905-337-9470 or email: jsnorris@sympatico.ca

Program/ League	Ages	Pre-Season Rate (before Nov. 2)	Regular Rate (after Nov. 2)
Junior House	6-14	\$185	\$205
Development and Nancy Greene	6-7 8-10	\$615	\$680
K1	11-12	\$615	\$680
K2	13-14	\$615	\$680
J	15-19	\$615	\$680
Freestyle	8-13	\$615	\$680
Snowboard Racing League	11-18	\$615	\$650
Snowboard Development League	8-18	\$185	\$205
Adult House	19+	\$185	\$205
Master Adults	18+	\$525	\$575

Club Membership per Family: \$125.00 plus GST.

Included in fees: Coaching, ACA insurance, AOA race fees, AOS insurance, away lift tickets (skiers).

Not included in fees: Glen Eden lift tickets, personal racing equipment, AOS away race fees (snowboard), Freestyle event entry fees, **GST where applicable on programs for racers ages 15 years and up.**

Helmets are mandatory for all ski/ snowboard programs. Free-ride helmets are not acceptable for ski racing program. Please see website for further details on helmet requirements.



www.miltonheights.com

Freestyle
Snowboard
Ski

Enjoy the winter with the Milton Heights Racing Club!

The Milton Heights Racing Club, located at the Glen Eden Ski and Snowboard Centre in Milton, Ontario, is a non-profit organization that provides the opportunity for athletes of all ages to raise their alpine ski and snowboard racing skills to a higher level of excellence.

As members of Alpine Ontario South Division and the Association of Ontario Snowboarders, our club forms the grass roots of the Canadian Alpine Ski and Snowboard Teams and we are very proud of the programs we have to offer.



www.miltonheights.com

Ski Programs

Junior House League Racing Program

The Junior House League Racing Program is a home based ski racing program held at Glen Eden for athletes ages 6-14. This program begins Saturday January 10, 2009 and runs for 8 weeks for 3 hours from 9:30a.m.-12:30p.m.. This program includes two fun races plus the annual family fun race held in March. The focus of this program is on the FUNdamental skills of skiing and racing and is well suited for those looking for a less competitive environment than the traveling leagues.

All new participants must attend one skill assessment session and be able to demonstrate controlled skiing on all blue and black terrain.

Assessment dates: To be determined
Please contact Sharon Norris
MHRC Membership 905-337-9470
or email: jsnorris@sympatico.ca
to reserve a time.

Please note: this is NOT a learn to ski program.



Dynamite Development Team Ages 6 and 7

This skill development program provides a focus on fun and time on snow while developing racing skills. This program begins December 26 for a six day Training Camp. The 8-week program is held Thursday evenings from 7-9p.m. and Saturdays 9a.m.-12p.m. and 1-3p.m. inclusive. Included are 4 home gate training sessions, 2 away free skiing training sessions at Mount St. Louis Moonstone and 2 home fun races and participation in the Nancy Greene Fun Day.

Nancy Greene Ski Racing League Ages 8 to 10

The emphasis in this program is on fostering a love for the sport while developing the FUNdamental skills required to become a competent skier and racer. This program begins December 26 for a six day Training Camp. Team selection will take place on Dec. 31st and is based on skill assessment. The 8-week program is held on Thursday evenings from 7-9p.m. and on those Saturdays 9a.m.-12p.m. and 1-3p.m. inclusive when there isn't a race scheduled that weekend. This program includes 3 away races held at various locations either Saturday or Sunday. On race days athletes are required to train after the race at the host hill.

K1 Racing League

This ski racing program is designed for athletes ages 11-12. This level is referred to as TRAIN TO TRAIN and encourages the athlete's attention towards learning specific training skills for ski racing. This program begins December 26 for a six day Training Camp. Team selection is based on both time trial and skill assessment during Training Camp. The 8-week program is held on Thursday evenings from 7-9p.m. and on those Saturdays 9a.m.-12p.m. and 1-3p.m. inclusive when no race is scheduled that weekend. Included are a minimum of 4 away races held at various locations either Saturday or Sunday. On race days athletes are required to train after the race at the host hill.

K2 Racing League

This ski racing program is designed for athletes ages 13-14 and is referred to as TRAIN TO TRAIN. It encourages

the athlete's attention towards learning specific training skills for ski racing. This program begins December 26 for a six day Training Camp. Team selection is based on both time trial results and skill assessment during the Training Camp. The 8-week program is held on Wednesday evenings from 7-9p.m. and on those Sundays 9a.m.-12p.m. and 1-3p.m. inclusive when no race is scheduled that weekend. The program includes a minimum of 4 away races held at various locations either Saturday or Sunday. On race days athletes are required to train after the race at the host hill.

J League

This ski racing program is designed for athletes ages 15-19. Referred to as TRAIN TO COMPETE, this program provides the training and racing skills needed for a more challenging ski racing environment. This program begins December 26 for a six day Training Camp. Team selection is based on both time trial results and skill assessment during the Training Camp. The 8-week program is held on Wednesday evenings from 7-9p.m. and on Sundays 9a.m.-12p.m. and 1-3p.m. inclusive. The program includes a minimum of 4 away races held at various locations. On race days athletes are required to train after the race at the host hill.



TNT - Tuesday Night Training

This home based racing program is for adults 19 and over. The program begins Tuesday January 6, 2009 and runs for 8 weeks from 7:30-9:30p.m.. The schedule includes 5 gate training nights and 3 home races. Perfect for those adult racers who are interested in improving their skills with some of Milton Height's top coaches, but who are not interested in the rigors of traveling for competitions.

Masters Racing League

This adult racing program has many categories for both Male and Female ski racers starting at 18 yrs and up to 60+yrs. Our kick off event of the year begins with a social gathering in late November. The program includes Tuesday Night Training program (TNT) and Saturdays (race day). Races are held nearly every Saturday afternoon at various locations; morning training will precede each event.

Competitive Freestyle Ski Program

The Competitive Freestyle Program is for skiers and snowboarders ages 8-17 offering training for Park Competitions hosted by Freestyle Skiing Ontario (FSO) and The Association of Ontario Snowboarders (AOS) which includes; slopestyle, halfpipe, rail jams and big air events. Opportunities to participate in skier and boarder cross clinics are also available.



The program is based on FUNdamental development of freestyle pipe, rails, air and mogul skills including park safety. It also encourages the athletes' attention towards learning specific skills for competition, and at the same time fostering a love for the sport of freestyle skiing/snowboarding and competition. This program begins December 26 for a six day training camp (9 a.m. – 3 p.m.). Apparatus such as jumps and rails will be snow dependent. The 8-week program is held on Thursday evenings from 7-9 p.m. and on Saturdays from 9 a.m.-3 p.m., when no event is scheduled that weekend. On event days athletes are required to train after the event at the host hill.

****Minimum requirement of 8 registrants by Dec. 1, 2008 for the program to go ahead****

The minimum ski/snowboard level for the program participants is level 5. For those participants ages 8-10 parental or guardian supervision will be required at each event. Space for this program is limited. Race entry fees are extra for this program.

Required equipment for this program includes: Twin Tip Skis, Gloves (for grabs), Mouth Guard and Helmet.