



September 2023

Welcome to the Tawatinaw Valley Freeriders! We are very excited to welcome back athletes who have previously participated in our programs, as well as those who are new to the club. Our Freestyle Canada-certified coaches are very familiar with our local Tawatinaw Valley ski hill and the programs they coach. The program descriptions below represent our usual programming.

Registration for all our programs will open September 2023 and officially close December 1, 2023. Please note that ALL fees will increase by an additional \$50 after October 31, 2023. Early registration and payment allow us to better gauge athlete numbers and secure the appropriate coach to athlete ratios.

Online Registration and Payment: Registration will be completed online through zone4 with **e-transfer** as the preferred method of payment. Please send e-transfers to treasurer@tvfr.ca within 24 hours of registration. Your registration will not be considered complete until payment is received. If you must pay with cheque/cash, please contact treasurer@tvfr.ca to arrange payment accordingly.

Please go to www.tawatinawvalleyfreeriders.com and follow the link to register or visit <https://zone4.ca/register.asp?id=33013> Our registration is also available at Zone4.ca homepage by searching for "Tawatinaw Valley Freeriders."

2023/2024 Winter 'On Snow' Programs

Jr. FUNdamentalz, FUNdamentalz, Freestylerz, & Development Team

ALL athletes require a mandatory, 2023/2024 Freestyle Canada/Freestyle Alberta membership (\$80-\$137) to participate in any freestyle ski training, including airbag training at Evolution Freestyle. Athletes who do not have a current membership will not be permitted to train. No exceptions.

First time registration? Please note that while we are not a learn to ski program, children that can snowplow a green run and ride the T-bar can become Freeriders, particularly in the Jr. FUNdamentalz group. Please contact info@tvfr.ca if you'd like to discuss the potential fit for your child in one of our programs.

Program Descriptions:

Junior FUNdamentalz - This full day program is designed for beginning freestyle skiers age 5+. The focus of this program will be on developing the skills of the skiers to allow them to parallel ski down a blue/black run, which is the minimum requirement to join FUNdamentalz. **Skiers must be able to ride a T-Bar independently.**

Saturdays 10 am – 3pm - \$615 - Approximately 10 sessions – Beginning at the start of January to mid-March, weather permitting.

FUNdamentalz - This full day program is designed to give young skiers age 5+ an introduction to the skills of freestyle skiing in a safe and fun environment. Focus is on development of carving turns with introduction to basic jumps, moguls and the terrain park; FUNdamentalz is all about safely building freestyle skills and skiing with friends. Skiers may opt, if approved by their coach, to enter club competitions. **Skiers must be able to parallel ski down a blue/black run and ride a T-Bar independently.**

Saturdays 10 am – 3 pm - \$615 - Approximately 10 sessions – Beginning at the start of January to mid-March, weather permitting

Freestylerz - In this full day program, focus is on progression to more advanced, competitive and refined skills in moguls, slopestyle (terrain park) and halfpipe (when available). An emphasis on strong turning and takeoff basics provides the foundation to safely launch spins and inverted maneuvers off jumps in moguls and on our slopestyle course. Skiers may opt to enter club competitions, and work towards provincial/national-level competition at the discretion of the head coach. This program will be offered as a 1-day on-snow program (Saturday) or 2-day (Saturday and Sunday) on-snow program, with an option of fall dryland training at Evolution Freestyle (additional costs apply, see below). Fall dryland training will take place at Evolution Freestyle (1 km south of the Tawatinaw Ski Hill) and will include ramp and airbag use, trampoline use, conditioning and other activities. Please note that it is highly recommended that athletes who are looking to advance their skills and/or compete at club or provincial competitions attend the fall dryland training. As athlete safety is our number one priority, without this additional training and conditioning, coaches may be required to limit tricks and/or features that athletes can partake in.

Saturdays 10 am – 3 pm – On-snow only - \$615 - Approximately 10 sessions – Beginning mid-December until mid-March, weather permitting.

Freestylerz Development – In this full 2-day program, the focus is on progression to more advanced, competitive and refined skills in moguls, slopestyle (terrain park) and halfpipe (when available). An emphasis on more advanced tricks and more detailed refinement of certain tricks. Athletes who have been approved by the head coach for this program must register for Saturday and Sunday training and fall dryland training at Evolution Freestyle (additional costs apply, see below). Optional training opportunities for Freestylerz/Development athletes may take place at other ski hills/venues on select training days (ex. Canyon, Winsport, Lake Louise). Please note these training opportunities are optional and not mandatory to the program. Additional coaching fees may apply, travel costs not included.

Saturdays + Sundays 10 am – 3 pm - \$1230 - Approximately 20 on-snow sessions beginning mid-December until mid-March, weather permitting.

Fall Dryland Training

Evolution Freestyle - \$360 - **Oct 21 (Half Day & Full Day available on this day only), Oct 21, Oct 28, Nov 4, and Nov 18.** ***If you are new to Evolution Freestyle and Air bagging you can sign up for a half day of training on October 21st for \$45. *** Please note that TVFR rents the facility for exclusive club use on these dates. There are additional fall dryland training opportunities offered directly through Evolution Freestyle (see their website for details, evofreestyle.wixsite.com/evolution). Training at Evolution Freestyle will still take place during inclement weather; therefore athletes should be prepared and bring proper clothing for the conditions that day. Please be sure to add this extra training to your cart during registration.

**** Reminder **** All athletes participating in air bagging at Evolution Freestyle must have a current Freestyle Canada/Freestyle membership. No exceptions.

Important Details and Considerations

The cost of the programs for the 2023-2024 ski season INCLUDES:

- Weekly training/coaching as per the registered program at Tawatinaw Valley, weather permitting
- Coaching costs for competitions attended with approval of the TVFR coaches. Athletes signed up for Saturday and Sunday training will have Provincial Level coaching covered when approved to attend competitions. Other athletes will have to pay the standard daily drop-in fee to cover the costs of each day of comp coaching. Athletes signed up for Saturday training will have Club Level coaching covered when approved to attend competitions. Other athletes will have to pay the standard daily drop-in fee to cover the costs of each day of comp coaching.

The cost of the programs DO NOT INCLUDE:

- Mandatory Freestyle Canada/Freestyle Alberta athlete membership for all TVFR members
- Lift tickets - Equipment rental/purchase
- Competition registration fees (including TVFR club competition) and supplemental training venue fees - Personal costs associated with attending a competition or other training events (travel, hotel, food, banquets etc.)

Early Season Camp - Let's get our ski legs back at a fun camp with our coaches! This mountain camp is open to all TVFR athletes, new and returning. New athletes and those registered at the Jr. FUNdamentalz, FUNdamentalz level must have a parent available to ski with and accompany your child on-snow until they are assessed for skill and ability by our coaches, and as required.

December 9th and 10th, 2023 Location: Marmot Basin, Jasper, Alberta

Cost: To be determined, estimated at \$150-175 Registration information to follow. Please indicate your interest in attending this camp on the registration page as it helps us gauge interest and secure appropriate coach numbers.

Fundraising/Volunteer Commitments:

TVFR is a non-profit society. We depend on the fundraising and volunteer contributions of our members to keep our program fees, competitions and sport opportunities affordable and accessible to as many young athletes as possible. As such, please carefully review our fundraising and volunteer requirements outlined below, as well as the deposit cheques/deadlines required.

Fundraising Activities:

A Cash Raffle - our cash raffles have been very successful in the past, but we know families might be looking for something different and are exploring additional fundraising initiatives. Fundraising Deposit Cheque We kindly ask that each TVFR family supply a \$250 fundraising deposit cheque on the first day of training. This cheque will be returned/destroyed following the completion of your fundraising requirements. A failure to fulfill this commitment will result in your cheque being cashed. If you would prefer, you may elect out of fundraising commitments by providing the \$250 fee upon registration. Please contact treasurer@tvfr.ca when registering your athletes to arrange payment.

Volunteer Commitment Hill Crew/Volunteer requirements:

TVFR depends on the volunteer contributions of our members to keep our athletes safe on the hill. As they develop their skills and practice tricks on the hill, landing on loose snow is essential for maintaining control, and to minimize the potential for injury in the event of a fall. The hill's groomer maintains all of the areas that are accessible, however the jump landings must be chopped, and fencing/courses maintained prior to use each training day. As such, we require five (5) parents per training day to fulfill these roles under the supervision/direction of our hill crew coordinator. This is a fun activity that enables parents to get to know each other and get a little bit of exercise. Signup will be available online only and will be emailed out prior to the first day of training. Each family will be required to fulfill a certain number of volunteer shifts per season. The number of shifts will depend on the number of families registered for the season. This will be sent out in an early email.

**Volunteers are also asked to obtain a Volunteer Membership from Alberta Freestyle Association for insurance purposes. The membership fee is \$15 and is purchased through their website at <https://snowreg.com/#!/memberships/freestyle-ab-20222023-memberships>

Please note it is important to track volunteer shifts. Please sign up in advance and check in with the coordinator. While we many like to go above and beyond, be sure to communicate any additional shifts with the coordinator to ensure all have an opportunity to fulfill their commitments.

Club Competition – Volunteering and Fundraising:

When Tawatinaw Valley hosts a club competition (this season we do!) there are extra volunteering and fundraising expectations. To run a successful competition there is an expectation that each family volunteers for at least one position during the 3-day weekend. If this is not completed, then your volunteer cheque will be cashed. Although the organization and execution of such an event takes an enormous amount of effort on part of our group, it serves as a substantial fundraiser as well. Each family will also be required to donate an item to our silent auction valued at \$50 (minimum), or a cheque in that amount so an item can be purchased on your behalf. If this is not completed your volunteer cheque will be cashed.

Casino Volunteering:

Every once in a while, TVFR will have an opportunity to fundraiser with a casino in St. Albert. This requires numerous volunteers. On the occasion of a casino, it is expected that each family volunteers for at least one position. If you are unable to fill this commitment, you will be asked to find someone else to fill it. If you cannot meet this commitment, then your volunteer cheque will be cashed.

Building Moguls:

There will be a volunteer call-out close to the beginning of the season regarding the building of our mogul course. Many hands make light work, and all available parents are encouraged to attend.

Additional Fees and Policies Freestyle Canada/Freestyle Alberta Membership

ALL athletes require a mandatory, 2023/2024 Freestyle Canada/Freestyle Alberta membership (\$130 - 190) to participate in any freestyle ski training, including airbag training at Evolution Freestyle. Athletes who do not have a current membership will not be permitted to train. No exceptions. Freestyle Canada/Freestyle Alberta memberships can be obtained online at <https://snowreg.com/#!/memberships/freestyle-ab-2023-2024-memberships> Please DO NOT leave this to the last couple days before training commences. There are frequently problems with the website and registrations. Please print a copy of the payment confirmation and bring it to the first day of any training. If it is easier, you can forward your confirmation to registrar@tvfr.ca so that we have a copy on file. If you are unfamiliar with the process of obtaining a Freestyle Canada/Freestyle Alberta membership, please contact the registrar (registrar@tvfr.ca) who will be able to send out a step-by-step guide.

Multiple Club Athletes - Some of our existing and new athletes are registered in programs with multiple freestyle clubs. These athletes need to make known the club they designated on their Freestyle Alberta membership. Ultimately, only one club can be designated, and this is the only club that the athlete is eligible to compete for. Therefore, to assist the TVFR club with planning and coaching resources for all competitions, athletes must indicate their designated club information to the registrar (registrar@tvfr.ca) upon registration.

Please note the following additional policies/information

Sickness:

If you are sick or feeling unwell, please stay home until your symptoms are gone.

New athletes:

If the participant is a new athlete in our Jr. FUNdamentalz or FUNdamentalz programs, we require that a parent/guardian 18 years of age or older be available to ski with, and be responsible for the athlete on the first day of training (and as needed through the season) until the coach has an opportunity to assess and evaluate their skiing abilities.

Assessment Day:

During the first week of on-snow training, the coaches will assess and evaluate the participants to determine if they are registered in the most suitable program. Should the coaches determine that the participant is better suited to a higher program or requires more skill development, the participant will be offered the opportunity to join another group as deemed appropriate.

Refunds:

Should an athlete choose to withdraw from a TVFR program prior to the commencement of training, a 10% administration fee will be applicable. If withdrawing during the first two weeks of training, 75% of the registration fees paid to TVFR will be refunded. After the first two weeks of training, fees are non-refundable. There will be no refunds for sessions missed due to illness.

Family Discount:

If a family registers 3 or more athletes, the first two are charged regular rates, and any athletes thereafter are eligible for a 50% discount on fees. This discount only applies to immediate family members who reside within the same residence. Please contact the Registrar at registrar@tvfr.ca prior to registration for the required discount code.

Cold Weather Cancellation:

Training will be canceled when the hill is closed due to temperature or other factors. Every effort will be made to reschedule training. However, if this is not possible refunds will not be provided. Cancellations will be posted on the TVFR website, Facebook, and via email by 8:00 am of any cancelled days.

Minimum Age Requirement:

In order to comply with insurance requirements, Freestyle Canada/Freestyle Alberta member clubs may only register athletes for sanctioned program who are 5 years of age and older. Athletes must turn 5 years of age on or before November 15th of the year that is the start of any given ski season i.e. for the 2023 – 2024 ski season, the athlete must turn 5 years of age by November 15th, 2023.

Team Wear:

Once again, team wear will be available to purchase through our TVFR website with old favorites and new additions available. Please visit www.tawatinawvalleyfreeriders.com/shop for pictures, prices and more information. This year our orders will be placed through “UR Store” and all items will be shipped directly to your home, and you can order any time at your convenience.

TVFR Buy/Sell Page:

Please note, TVFR does have a buy/sell section for used equipment on our Facebook page TVFR Website: www.tawatinawvalleyfreeriders.com Please check regularly for important updates or additional information. Facebook: Please “LIKE” us on Facebook as this is an additional venue for communicating important club information, photos, videos and results. If you have any questions or concerns, please do not hesitate to email me at registrar@tvfr.ca.