

To register for a VRC Competitive program, go to the following link. If you are registering for the first time, you will have to sign up and enter your family information:

<http://login.esportsdesk.com?clientid=6503>

You will be charged a registration fee of \$100 at checkout. The balance are invoiced in the fall (monthly installments) by the treasurer. Fees for this year are

U10: 1 day \$1500, 2 day \$2000 (100+ 1400/1900)

U12-U16: \$2500 (100 + 2400)

After your registration a google form requesting more information will soon be sent to you. Please complete it promptly. If you have any registration questions please email treasurervorlageraceclub@gmail.com

Any general questions about the club can be directed to the club president: vorlageraceclub@gmail.com

Please ensure you have registered your athlete with the SQA and pay prior to the first training session with the club.

Here is the link: <https://adhesion.skiquebec.qc.ca/membre/>

Included in your fees are:

- Training while the Vorlage ski hill is open (typically mid to late December to mid to late March)
- Training during the Christmas and New Year holidays (when camps are not running)
- All Race Fees
- OSZ Registration Fees
- Wednesday evening, Friday-Sunday training (Saturday/Sunday only for U10)
- OSZ run Speed Camp including Fees for U12-U16

Wednesday nights (6:00PM - 8:30PM)

Fridays (9:30AM - 11:30AM, Lunch, 12:30PM - 3PM)

Saturdays (9AM - 11:30AM, Lunch, 12:30PM - 3PM)

Sundays (9AM - 11:30AM, Lunch, 12:30PM - 3PM)

Optional Camps:

Camps are also offered for all U12-U16 athletes at additional cost. All camps are run on a cost recovery basis. More Information on camps will follow shortly. Should you have any questions, please follow up with your age group coordinator or the club president.

Program Details:

U10

The U10 program is the first level of individual competition for boys and girls who have acquired basic skiing skills. Some will have been members of a Nancy Greene team; others may have no previous racing experience. Like Nancy Greene, the U10 program is an entry level program (AIM 2 WIN, "Learning to Train" phase) designed to introduce children to basic skiing and ski racing skills. Consistent with the emphasis on fundamentals, training prepares children for skiing all kinds of terrain and snow conditions (bumps, ice, and crud). Racing focuses on GS events. Physical conditioning and training focuses on the development of physical capacities such as agility, balance, co-ordination and speed (ABCs). The U10 race schedule consists of Slalom races.

Parents signing up for U10 can choose between the 1 and 2 day options when surveyed in the fall.

Age: 8 or 9 years old as of December 31 of the current race season. Underage skiers may be accepted as well.

U12

The U12 program is for boys and girls who have acquired basic skiing skills. Some youngsters will have been members of the U10 team, the Nancy Greene team or may have no previous racing experience but are good skiers. Like U10, the U12 program is an entry level program (AIM 2 WIN, "Learning to Train" phase) designed to introduce children to basic skiing and ski racing skills. Consistent with the emphasis on fundamentals, training prepares children for skiing all kinds of terrain and snow conditions (bumps, ice, and crud). Physical conditioning and training focuses on the development of physical capacities such as agility, balance, co-ordination and speed (ABCs). The U12 race schedule consists of Slalom and Giant Slalom races.

Age: 10 or 11 years of age as of December 31 of the current race season

U14

In the U14 programs, athletes continue to develop, adapt and refine their basic skiing skills and begin expanding their racing skills by training for and competing in Slalom, Giant Slalom and Super Giant Slalom. Physical training and conditioning focuses on agility, balance, co-ordination and speed skills (ABCs) with the introduction of some strength and endurance training.

Eligibility: Age: 12 or 13 years of age as of December 31 of the current race season.

U16

In U16 programs, 14 and 15 year old athletes focus on the Train to Train phase of their development as alpine racers. In addition to the continued development of basic skiing and racing skills, strength and endurance training become a more significant part of training. U16 athletes are increasingly challenged to adapt and refine the skiing and racing skills they have learned, while learning to pattern and perceive new skills. Consistent with their growing skills and physical capacities, most U16 racers will train for and race all events – Slalom, Giant Slalom, Super-G and Alpine Combined.

Eligibility: Age: 14 or 15 years of age as of December 31 of the current race season.