

The **Wentworth Freestyle Ski League** is run by Ski Wentworth as a separate Club, focused on athlete and coach development, safety, fun and progression for all levels from recreational to competitive athletes. Athletes are divided into groups based on age and ability. Parents are expected to volunteer with site construction, competitions and fundraising events.

## JUMPS AND BUMPS

### Introduction to Freestyle (Age 6-12)

The WFSL Jumps and Bumps program is designed to introduce young skiers to all aspects of freestyle skiing. With an emphasis on maintaining a positive and fun learning environment, the athletes will learn skills such as basic terrain park use and safety, halfpipe skiing, mogul skiing, glade skiing, parallel carving and switch skiing. Jumps and Bumps athletes will be encouraged to participate in a competition fun day where they will play games and compete in fun events such as best trick or longest box slide for prizes and stickers. Potential Jumps and Bumps skiers need to be able to load the chair lift unassisted and ski blue runs comfortably in a wide parallel stance. Jumps & Bumps skiers are encouraged to take an afternoon session of Snow Cats to develop strong skiing skills.

WHEN: Saturday and/or Sunday

LENGTH: 9 weeks

Starts: Jan. 6&7 Ends: March 3&4

TIMES: 9:30am-11:30am

Early Bird: \$325+hst PLUS \$40 membership fee (By Dec 15)

Regular Rate: \$399+hst PLUS \$40 CFSA mem fee

2 hour session. Add an extra session for \$125+hst

*Does not include lift ticket/season pass*

### Canadian Freestyle Ski Association Membership \*IMPORTANT INFORMATION\*

All members of WFSL must belong to the CFSA. This is for insurance coverage for athletes during training and competition. CFSA membership fee is not included in the price of the Development & Competitive programs. **Parents are responsible to sign up athletes and pay fees directly to CFSA for admittance to the program.** For a description of how to sign up, go to [www.skiwentworth.ca](http://www.skiwentworth.ca) under the WFSL tab.

## FREESTYLERZ DEVELOPMENT PROGRAM

The WFSL Development Program is designed for skiers who have desire to build strong freestyle skills with an eye on future competitive endeavors. Strong skiing fundamentals and a willingness to learn new progressions are a must.

The Development Program maintains a general skills set, teaching all aspects of freestyle skiing such as moguls, slopestyle, halfpipe, aerials, and glade skiing, but with more advanced techniques.

WFSL Development Program athletes will have the opportunity, at an additional cost, to attend trampoline, bag jump and on snow training camps and will be encouraged to compete in all local freestyle competitions. Competition fees & Bag Jump Season Pass are not included in the programs

WHEN: Saturday and/or Sunday

LENGTH: 9 weeks

Starts: Jan. 6&7 Ends: March 3&4

TIMES: 12:00pm-4:00pm

COST: One Day Program—\$450 + hst

Two Day Program—\$550 + hst

*Does not include lift ticket/season pass, Bag Jump season pass or CFSA membership fee.*

*CFSA fees: CAN FREE 1/2 \$50*



## COMPETITIVE PROGRAM

The WFSL Competitive Program offers the highest level of freestyle ski coaching available in Eastern Canada. Our athletes learn how to hone their competitive skills through high performance training opportunities, local, inter-provincial and national competitions. The focus of the competitive program is to address the needs of high performance athletes and facilitate specialized training through fitness, trampoline, bag jump, and on-snow training opportunities. Competitive program athletes will be expected to participate in all aspects of training as well as compete in local and inter-provincial competitions. Competition fees, travel costs, bag jump season pass, additional coaching and off season training are at an additional cost and not included in the program.

WHEN: Saturday and/or Sunday

LENGTH: 11 weeks

Starts: Jan. 6&7

TIMES: 12:00pm-4:00pm

COST:

One Day Program—\$525 + hst

Two Day Program—\$650 + hst

*Does not include lift ticket/season pass, bag jump season pass or CFSA membership fee.*

*CFSA fees: CAN FREE 3 \$80*



## WFSL COACHING STAFF

### Head Coach: Thor Durning

CFSA Air 1, 2, 3 & 4 a/b

CFSA Comp Dev Mogul, Slopestyle & Half Pipe Coach  
One of Canada's most highly certified coaches, Thor Durning has been involved in freestyle skiing at Ski Wentworth for over 20 years as an athlete and coach. Under his coaching leadership, WFSL athletes have achieved Canadian Junior and Senior titles.  
Thor is the Nova Scotia provincial coach.

### Coach Louis Martin

CFSA Air 1, 2, 3, 4 / CFSA Comp Dev Slopestyle Coach / Park & Pipe 1&2

Louis completed the Super Coach Academy program. He is certified to oversee inverted maneuvers. A former competitive athlete, Louis brings depth to the coaching staff.

### Coach Frankie Martin

CFSA Air 1, 2, 3, 4 / CFSA Comp Dev Slopestyle Coach Park & Pipe 1&2

Frankie completed the Super Coach Academy program and is certified to oversee inverted maneuvers. She was a Women in Coaching apprentice at 2015 Canada Winter Games.

### Coach Emma Stevens

CFSA Air 1, 2, 3, 4

CFSA Competition Development Slopestyle Coach Park & Pipe 1&2

Emma is a nationally ranked freestyle ski athlete. She is certified to oversee aerial maneuvers. Her high performance background provides invaluable experience for up and coming athletes.

### **WORLD CLASS FACILITIES & VENUES**

Wentworth boasts competitive level mogul, aerial/big air, slopestyle and year round Bag Jump facilities. The sites are open for training as soon as snowmaking and weather permits. Wentworth builds a permanent skier/boardercross for season long training and competitions. Ski Wentworth has two terrain parks with features of varying levels to suit athlete development.

## Off Season Training & Camps

Once enrolled in a WFSL program, athletes are encouraged to participate in off season training and camps. This includes: Bag Jump, Trampoline, Dryland Training and On-Snow Training Camps. Details on dates and pricing will be available through the WFSL Newsletter in the Spring and Fall and on the website [skiwentworth.ca](http://skiwentworth.ca).

### Bag Jump

Year round training is available at Ski Wentworth's Freestyle Training Centre. Season passes, day passes and training camps will be available for qualified athletes.

### Trampoline/Dryland Training

Trampoline is a 10 week program offered at the Titans Gymnastics Club in Dartmouth. This is an essential part of freestyle ski training and highly recommended by coaches for all development and competitive athletes. Dryland Training is a 10 week program.

### On-Snow Training Camps

WFSL typically offers pre and post-season on-snow training camps.

### CONTACTS:

WFSL Program Administrator: Thor Durning

[freestyleskileague@skiwentworth.ca](mailto:freestyleskileague@skiwentworth.ca)

Ski Wentworth: Kim Adams Tattrie (winter season only) [programs@skiwentworth.ca](mailto:programs@skiwentworth.ca)

902-548-2089 x235

*Register online at [skiwentworth.ca](http://skiwentworth.ca)*

*Registration opens October 1, 2017*

*and closes December 31, 2017*



# Wentworth Freestyle Ski League



## 2017-18

Tel: (902) 548-2089

[www.skiwentworth.ca](http://www.skiwentworth.ca)