

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.



FUNDamentalz

*previously Bumps and Jumps

Introduction to Freestyle AGES: 5-10

The WFSL FUNDamentalz 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. 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 FUNDamentalz skiers need to be able to load the chair lift unassisted and ski blue runs comfortably in a wide parallel stance. FUNDamentalz skiers are encouraged to take an afternoon session of Snowcats/Penguins to develop strong skiing skills.

WHEN: Saturday and/or Sunday

LENGTH: 8 weeks

START: Jan. 12/13 END: March 2/3

TIMES: 9:30am-11:45am

Early Bird: \$325+hst PLUS \$45 membership fee (By Dec 15)

Regular Rate: \$399+hst PLUS \$45 CFSA membership fee 2 hour session.

Add an extra session: \$125+hst

Does not include lift ticket/season pass

Freestylerz Development

Ages: 10+

The WFSL Freestylerz 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 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 mornings

LENGTH: 8 weeks

START: Jan. 12/13 END: March 2/3

TIMES: 9:30am-11:45am

Early Bird: \$325 + hst PLUS CFSA membership fee

Regular Rate: \$399+hst PLUS \$45 CFSA membership fee 2 hour session.

Add an extra session: \$125 + hst

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

CFSA fees: CAN FREE 1/2 \$45

Freestyle Canada Membership

IMPORTANT INFORMATION

All members of WFSL must belong to Freestyle Canada. This is for insurance coverage for athletes during training and competition. FC membership fee is not included in the price of the 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 under the WFSL tab.

Freestylerz Advanced

Ages: 11+

For those freestyle skiers with competitive aspirations, Freestylerz Advanced is the next step to the provincial team. Skiers must have strong skiing background and basic freestyle ski skills are required. Athletes are expected to compete in all local competitions and have the opportunity at an additional fee, to attend trampoline, bag jump and snow training camps. Competition fees, bag jump and Freestyle Canada fees not included in cost.

WHEN: Saturday and/or Sunday

LENGTH: 8 weeks

START: Jan. 12/13 END: March 2/3

TIMES: 12:45pm-4:45pm

**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 \$45

Register for all WFSL Program online at skiwentworth.ca

Registration opens October 2018 and closes December 31, 2018

WSL Coaching Staff

Thor Durning (head coach)

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.

MacKenzie Cooper Young

CFSA Air 1, 2, 3, 4 / Park & Pipe 1&2

MacKenzie completed the Super Coach Academy program. He is certified to oversee inverted maneuvers. A long time programs coach, MacKenzie brings depth & experience to the coaching staff.

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

Emma Stevens

CFSA Air 1, 2, 3, 4 / CFSA Comp Dev 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.

Facilities

Ski Wentworth boasts competitive level slopestyle, boardercross and year round Bag Jump facilities. The sites are open for training as soon as snowmaking and weather permits.

Ski Wentworth builds and maintains a permanent ski/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.

Bag Jump

Year round training is now 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 a pre and post-season on-snow training camps.

Contacts

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Wentworth Freestyle Ski League

www.skiwentworth.ca

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