

Adult Racing

Designed for adults 20+. Improve your skiing through alpine racing while having a fun experience with other adult enthusiasts on and off the hill.

Wine & Cheese Social
Dec. 6th at 8PM-11PM In Boler Chalet

Fee: \$260+ 3 lottery tickets applied to program fee at time of purchase (\$60)
Training Days: Tuesday and/or Thursday
8PM-10PM

Equipment Requirements

| | |
|-------------------------|--------------------|
| Racer Development & U10 | U12-U21 |
| Helmet & goggles | Helmet & goggles |
| Mouthguard | Mouthguard |
| Boots | Boots |
| Skis | Skis |
| Poles | Poles |
| Packed Lunch | Shin/Hand guards** |
| Extra socks/ Mitts | Speed Suit** |
| | Packed Lunch |
| | Extra socks/ Mitts |

**Note: U12-U16: Shin guards, hand guards, and speed suits are not required, but strongly suggested.

London Ski Club Racing

2017-2018 Season

Coaching/ Volunteering

Entry Level Coach- Canadian Ski Coaches Federation (CSCF)

15+ years of age
Jan. 5th-7th, 2018.

Visit www.canskicoach.org for course details and registration.

Certified coaches are invited to fill out an employment application through our website. If you are looking to volunteer as a parent or complete mandatory high school volunteer hours, please reach out to us at lscracing@gmail.com for information on how you can help out.

LSC Racing Classic

Open to members of the LSC Racing program and their families as well as season pass holders of Boler Mountain.

Fee: Included in RD and Competitive registrations. Additional entries are \$10 per event
GS and SL
Sunday, March 4th

Required Skills

** Racer Development**

Use equipment and lifts without assistance
Able to ski intermediate terrain with confidence and without assistance
Stop in snowplow on demand (hockey stop preferred)
Can parallel ski most of the time (full parallel preferred)
Able to ski in control and control speed
Able to maintain pace with team and other peers of same age

LSC Racing Lottery

Lottery Tickets (\$20 each) will be added to all regular season program fees and will be processed at time of sale. Please refer to website for full details.

Learn

Compete

Excel



Dryland Training

Get ready for the upcoming season by working out in the outdoors developing key skills like balance, agility, endurance, strength and core muscles!

Fee: \$65 + HST

Saturdays from 9AM- 12 noon.

September 16th- November 11th, 2017

Excluding Thanksgiving weekend

Racer Development

A house league based program designed to create an understanding and love for the sport while giving racers the opportunity to develop their skills and confidence in elementary race techniques. No traveling requirements.

Lift tickets and/or season pass with Boler Mountain is required

Registration Deadline: Dec. 31st, 2017

Fees include LSC Racing Classic entry fee & 1 team photo per athlete

Fee: \$395+ 5 lottery tickets applied to program fee at time of purchase (\$100)

Age:7-14 (as of Dec. 31st, 2017)

Training days: Monday or Thursday 6PM-8PM & Saturday 9:45AM- 3PM

Financial assistance within Racer Development is available for qualifying families.

Please contact Lindsay McKenzie (lscracing@gmail.com) for details.



Christmas Camp

Designed to give racers an early start to the season, developing skills and confidence in race techniques. Open to ages 7+.

9AM- 3PM daily

December 26th- 29th, 2017
and/or January 2nd-5th, 2018

Fee:\$225+ HST per camp

*Min of 10 racers needed per camp.

Competitive Programs

Extra cost will occur if racers are participating in additional races, invitationals, provincials, nationals or camps.

Program Dates: Jan. 6th, 2018 - Mar. 3rd, 2018

Registration Deadline: Dec. 15th, 2017

Fees include LSC Racing Classic entry fee & 1 team photo per athlete

Note: Athletes U10-U21 are required to pay AOA fees and 'race fees' directly to Alpine Ontario

| U10 | U12 | U14 | U16 |
|--|--|--|--|
| (8&9 years by Dec.31, 2017) | (10&11 years by Dec.31, 2017) | (12&13 years by Dec.31, 2017) | (14&15 years by Dec.31, 2017) |
| Fee: \$495+ 5 lottery tickets applied to program fee at time of purchase (\$100) | Fee: \$855+ 5 lottery tickets applied to program fee at time of purchase (\$100) | Fee: \$885+ 5 lottery tickets applied to program fee at time of purchase (\$100) | Fee: \$885+ 5 lottery tickets applied to program fee at time of purchase (\$100) |
| Training Days: Week night (TBD) 6-8PM Saturday 9:30AM- 2:30PM | Training Days: Week night (TBD) 6-8PM Saturday+ Sunday 9:30AM- 2:30PM | Training Days: Week night (TBD) 6-9PM Saturday+ Sunday 8:30AM- 2:30PM | Training Days: Week night (TBD) 6-9PM Saturday+ Sunday 8:30AM- 2:30PM |