



# **Falls Creek Race Club**

## **Full Time, Seasonal and Holiday Programs 2015**

*Note: All participants must be a member of Falls Creek Race Club.  
Membership is paid directly to the club.*

## **16 Years Plus - Birth years: 1999 or earlier**

(Date of birth - prior to 1 January 2016)

### ***FIS Academy Full Time – Alpine Race Team***

The FIS Full Time Program is designed for FIS age athletes 16 years of age and older. This program is based on a 6 day training week. Athletes will strive towards perfecting their skills in the highest level of competition and compete in FIS competition in VIC & NSW. Physical fitness is a mandatory aspect of training. Victorian school holidays are included in the program schedule. Program fees do not include tutoring/ school charges. Athletes in secondary school must maintain a minimum passing grade average in order to train.

Helmet use is mandatory for all participants.

**Base Program:** Cost: Early Bird: \$5335/ After 1 June \$5485

**Duration: 53 days** See Training Calendar for details on training & race dates\*

\*Coaches will decide on appropriate races

### ***FIS Part Time Plus – Alpine Race Team***

The FIS Part Time Program is designed for FIS age athletes 16 years of age and older. This program is based on weekends Plus Friday training. Athletes will strive towards perfecting their skills in the highest level of competition and compete in FIS competition in VIC & NSW. Physical fitness is a mandatory aspect of training. Victorian school holidays are included in the program schedule. Program fees do not include tutoring/ school charges. Athletes in secondary school must maintain a minimum passing grade average in order to train.

Helmet use is mandatory for all participants.

**Base Program:** Cost: Early Bird: \$ 3960/ After 1 June \$4110

**Duration: 41 days** See Training Calendar for details on training & race dates\*

\*Coaches will decide on appropriate races

### ***FIS Weekend Warriors - Alpine Race Team***

The FIS Weekend program is designed for FIS athletes 16 years of age and older that wish to improve their skills yet cannot commit to a full time program. Athletes in this program will strive towards perfecting and developing solid race techniques and race tactics. Training will be closely linked to the FIS full-time athlete program. Training is full day on weekends with the Victorian school holidays included in the program schedule.

Helmet use is mandatory for all participants.

**Base Program:** Cost: Early Bird: \$3445 / After 1 June \$3595

**Duration: 30 days** See Training Calendar for details on training & race dates\*

\*Coaches will decide on appropriate races

## **14 or 15 years old - Birth years: 2000-2001**

(Date of birth - prior to 1 January 2016)

### ***U16 Academy Full Time – Alpine Race Team***

The U16 Academy program is designed for the committed junior skier who wishes to further develop their alpine racing experience and intends to compete in the Children's Race Series. The program is based on 6 days per week, with Tuesday - Thursday as half days and Friday to Sunday all day training. Victorian school holidays are included in the program schedule. The focus of this program is on freeskiing in challenging terrain, developing solid ski racing techniques and achieving goals in a fun environment.

Athletes in school must maintain a minimum passing grade average to train.

Skiers in this program will attend the Children's National Alpine race series as well as the Australian Children's National Championships.

Helmet use is mandatory for all participants.

**Base Program:** Cost: Early Bird: \$5640/ After 1 June \$5790

**Duration: 64 days** See Training Calendar for details on training & race dates\*

\*Coaches will decide on appropriate races

### ***U16 - Part Time Plus – Alpine Race Team***

For the committed junior skier who wishes to further develop their alpine racing experience and intends to compete in the Children's Race Series. It is based on 3 days per week, Friday to Sunday all day training with the Victorian school holidays included in the program.

The focus of this program is on freeskiing in challenging terrain, moguls, developing solid ski racing techniques and achieving goals in a fun environment.

Athletes in school must maintain a minimum passing grade average to train.

It is proposed that skiers in this program will attend the Children's National Alpine race series as well as the Australian Children's National Championships.

Helmet use is mandatory for all participants.

**Base Program:** Cost: Early Bird: \$4510 / After 1 June \$4660

**Duration: 39 days** See Training Calendar for details on training & race dates\*

\*Coaches will decide on appropriate races .

### ***U16 - Part Time – Alpine Race Team***

For the committed junior skier who wishes to further develop their alpine racing experience and intends to compete in the Children's Race Series. This program is based on 2 days per week, Saturday & Sunday all day training with the Victorian school holidays included in the program.

The focus of this program is on freeskiing in challenging terrain, moguls, terrain parks and developing solid ski racing techniques while achieving goals in a fun environment.

Helmet use is mandatory for all participants.

**Base Program:** Cost: Early Bird: \$3950 / After 1 June \$4100

**Duration: 34 days** See Training Calendar for details on training & race dates\*

\*Coaches will decide on appropriate races

## **12 or 13 Years Old - Birth years: 2002-2003**

(Date of birth - prior to 1 January 2016)

### ***U14 Academy Full Time – Alpine Race Team***

For the committed junior skier who wishes to further develop their alpine racing experience and intends to compete in the Children's Race Series. It is based on 5 days per week, with Tuesday - Thursday as half days and Friday to Sunday all day training with the Victorian school holidays included in the program.

The focus is on freeskiing in challenging terrain, developing solid ski racing techniques and achieving goals in a fun environment.

Athletes in school must maintain a minimum passing grade average to train.

Skiers in this program will attend the Children's Alpine National race series as well as the Australian Children's National Championships.

Helmet use is mandatory for all participants.

**Base Program:** Cost: Early Bird: \$5640/ After 1 June \$5790

**Duration: 64 days** See Training Calendar for details on training & race dates\*

\*Coaches will decide on appropriate races

### ***U14 - Part Time Plus - Alpine Race Team***

For the committed junior skier who wishes to further develop their alpine racing experience and intends to compete in the Children's Race Series. It is based on 3 days per week, with Friday to Sunday all day training with the Victorian school holidays included in the program.

The focus of this program is on freeskiing in challenging terrain, moguls, developing solid ski racing techniques and achieving goals in a fun environment.

Athletes in school must maintain a minimum passing grade average to train.

Helmet use is mandatory for all participants.

**Base Program:** Cost: Early Bird: \$4510 / After 1 June \$4660

**Duration: 39 days** See Training Calendar for details on training & race dates\*

\*Coaches will decide on appropriate races

### ***U14 - Part Time - Alpine Race Team***

For the committed junior skier who wishes to further develop their alpine racing experience and intends to compete in the Children's Race Series. This program is based on 2 days per week, Saturday & Sunday all day training with the Victorian school holidays included in the program.

The focus of this program is on freeskiing in challenging terrain, moguls, terrain parks and developing solid race techniques while achieving goals in a fun environment.

Helmet use is mandatory for all participants.

**Base Program:** Cost: Early Bird: \$3950 / After 1 June \$4100

**Duration: 34 days** See Training Calendar for details on training & race dates\*

\*Coaches will decide on appropriate races.

## **10 or 11 Years Old - Birth years: 2004-2005**

(Date of birth - prior to 1 January 2016)

### ***U12 - Part Time Plus - Alpine Race Team***

For the committed junior skier who wishes to further develop their alpine racing experience and intends to compete in the SSA Children's Race Series. It is based on 3 days per week, with Friday to Sunday all day training with the Victorian school holidays included in the program.

The focus of this program is on freeskiing in challenging terrain, moguls, developing solid ski racing race techniques and achieving goals in a fun environment.

Athletes must receive permission from Falls Creek Primary School in order to train on the Plus Fridays.

Helmet use is mandatory for all participants.

**Base Program:** Cost: Early Bird: \$4510 / After 1 June \$4660

**Duration: 39 days** See Training Calendar for details on training & race dates\*

\*Coaches will decide on appropriate races

### ***U12 - Part Time - Alpine Race Team***

For the committed junior skier who wishes to further develop their alpine racing experience and intends to compete in the Children's Race Series. This program is based on 2 days per week, Saturday & Sunday all day training with the Victorian school holidays included in the program.

The focus of this program is on freeskiing in challenging terrain, moguls, developing solid ski racing techniques and achieving goals in a fun environment.

Helmet use is mandatory for all participants.

**Base Program:** Cost: Early Bird: \$3950 / After 1 June \$4100

**Duration: 34 days** See Training Calendar for details on training & race dates\*

\*Coaches will decide on appropriate races

## **8 or 9 Years Old - Birth years: 2006-2007**

(Date of birth - prior to 1 January 2016)

### ***U10 Weekend Warriors - Alpine***

For the committed junior skier who wishes to further develop their alpine racing experience and intends to compete in the Children's Race Series. Training is all day on weekends with the Victorian school holidays included in the program schedule.

The focus is of this program is on freeskiing in challenging terrain, moguls, terrain parks and developing solid ski racing race techniques while achieving goals in a fun environment.

Helmet use is mandatory for all participants.

**Base Program:** Cost: Early Bird: \$3445 / After 1 June \$3595

**Duration: 30 days** See Training Calendar for details on training & race dates\*

\*Coaches will decide on appropriate races

## **6 or 7 Years Old - Birth years: 2008-2009**

**(Date of birth - prior to 1 January 2016)**

### ***U8 Development Squad - Alpine***

This program is the foundation for the Children's Race Team and is specially designed for younger age groups. Training is full days and weekend orientated, with the Victorian school holidays included in the program. With an emphasis on skill development and freeskiing in all snow conditions and varied terrain, athletes will also work on moguls, terrain park introduction, race technique and competition in a fun and supervised environment.

Helmet use is mandatory for all participants.

**Base Program:** Cost: Early Bird: \$3445/ After 1 June \$3595

**Duration: 30 days** See Training Calendar for details on training & race dates\*

\*Coaches will decide on appropriate races

## **Other Programs**

### ***Weekend Warriors - Snowboard***

**Age Group 10 years and above (Date of birth - prior to 1 January 2016)**

Designed for athletes wanting to develop snowboarding fundamentals and prepare for local competitions e.g. Interschools. It will provide a good stepping stone to work towards the competitive arena nationally. Training will include GS, Terrain Park and all-mountain riding to develop a solid skill base.

**Base Program:** Cost: Early Bird: \$3445/ After 1 June \$3595

**Duration: 30 days** See Training Calendar for details on training & race dates\*

\*Coaches will decide on appropriate races

## **Holiday Warriors (Short School Holiday Programs)**

### ***Holiday Warriors Alpine & Snowboard***

**June 27 – July 12 2015**

Our holiday short programs are designed to suit children looking for a challenge in their skiing or riding abilities. Participation in these programs will raise your child's performance to the next level, providing excellent preparation for Interschool's competitions. Short programs are a great alternative for children who are unable to commit to our full season program. The daily training schedule is based on an all day program.

Helmet use is mandatory for all participants.

**Skiers in this program will have opportunity to compete locally in 5 separate race starts.**

Age Group **6 years and above**  
**(Date of birth - prior to 1 January 2016)**

Our Holiday Warriors program is designed to improve racing skills in preparation for the Interschool competitions. Training will include freeskiing, Alpine, GS, Mogul and Skiercross training on purpose built courses and training lanes.

**Ability:** minimum Level 4 – confident riding lifts, can ski blue runs and starting to make parallel turns.

**2 Week Program:** Cost: Early Bird: **\$1640** / After 1 June **\$1740**

**Duration: 14 days** See Training Calendar for details on training & race dates\*

\*Coaches will decide on appropriate races