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## 2019 2020 STUDENT INFORMATION

### REGISTRATION

#### **NEW STUDENTS & RETURNING STUDENTS:**

- Register for CADS Alberta Annual Membership \$45 through Goalline: <http://cadsalberta.goalline.ca/event-search.php?type=49>. Students will need to enter their CADS access code into the student registration form.
- Register for the CADS Edmonton Program: <http://www.cadsedmonton.ca/student-programs/student-intake-form/>
- **Registration Evening** will take place on Monday, November 4th, 2019 between 7:00pm - 8:30pm Percy Page Centre 11759 Groat Road in the lobby. Park at the South entrance. All students who require adaptive equipment should attend to have an equipment needs assessment done by a senior instructor. Space is limited and registration is on a first come, first serve basis.

### FEES

#### **Registration Fees:**

- Monday Program (8 weeks) cost **\$205.00 + CADS Alberta Membership purchased through Goalline**
- Saturday Program (6 weeks) cost **\$155.00 + CADS Alberta Membership purchased through Goalline**

**Registration Fees are due at the time of registration via Cheque, Cash or E-Transfer**  
[coordinator@cadsedmonton.ca](mailto:coordinator@cadsedmonton.ca)

**Lessons Start: Monday January 13<sup>th</sup>, 2020 at 7:00 pm or Saturday, January 18<sup>th</sup> @ 9:30 am**

Program fees include lift passes, rental equipment, adaptive equipment and instruction. CADS Alberta membership entitles you to certain benefits such as reduced lift ticket prices at various ski hills throughout Canada, discounts at some ski shops and hotels. <https://cadsalberta.ca/ticket-discounts/>  
More importantly, CADS Membership provides you with insurance coverage.

#### **Cancellation Policy:**

The \$45 CADS membership fee is non-refundable. Program refunds will be determined by the CADS Edmonton executive board on a case by case basis should you withdraw from the program. Lessons may be cancelled by CADS Edmonton due to inclement weather or unforeseen circumstances. Cancelled or missed lessons will not be made up or refunded.

### WEATHER

If the ambient temperature **AT THE EDMONTON INTERNATIONAL AIRPORT** is -20C or lower (or extreme weather conditions exist) at 4:00pm on Mondays or 5:30pm on Fridays for the Saturday program, the lesson will be cancelled.

**Please call our Info Line (780-577-1442)** if you are uncertain if the lesson is cancelled, updated by 4:30pm on Mondays and 6:00pm on Fridays. **PLEASE DO NOT call Rabbit Hill.**

# CADS EDMONTON PROGRAM

## LEARN TO SKI/SNOWBOARD or SKI/SNOWBOARD IMPROVEMENT

The program is held at Rabbit Hill Snow Resort; season runs on Monday nights, 7:00 - 9:00pm from January 13<sup>th</sup> – March 7<sup>th</sup> (**No lessons on Feb 17<sup>th</sup>**) or Saturday mornings 9:30am – 11:30am from January 18<sup>th</sup> – March 7<sup>th</sup> (**No lessons on Feb 15<sup>th</sup> & Feb 22<sup>nd</sup>**). Please note the Final Lesson for both the Monday and Saturday program is a Family Fun Day & BBQ which will be held on Saturday, March 7<sup>th</sup> from 10:00am – 3:00pm. Volunteers provide one-on-one ski/snowboard instruction for students at all levels, from beginner to advanced.

## LEARN TO TRAIN - ATHLETE DEVELOPMENT

This program provides the more advanced student with an opportunity to further their skiing or snowboarding abilities. The program is held at Rabbit Hill in conjunction with the regular ski & snowboard program. This program has been designed to provide advanced students with a chance to develop higher-level techniques, on varied terrain and snow conditions to help progress them to independent skiing or snowboarding.

Training objectives include:

- refining basic skills & safety/awareness
- technical free skiing or snowboarding
- introduction to new varied terrain/conditions in the mountains
- introduction to safely loading/unloading new lifts
- learn to train, train to train & train to compete

Participants at entry level should:

- have developed basic skiing or snowboarding skills
- be able to ski or snowboard top to bottom easily on moderate terrain
- be capable of loading and unloading from all lifts without assistance, as appropriate
- be capable of putting on and taking off equipment without assistance.

## WHAT TO DO ON THE FIRST NIGHT (SKI, SNOWBOARD & ATHLETE DEVELOPMENT PROGRAM)

Arrive at the **Rabbit Hill Main Lodge** allowing enough time before lessons to get rental equipment and be ready to go before lesson time. CADS volunteers will be handing out lift tickets in the **CADS Edmonton Clubhouse**, **all students must check in for every lesson**. The instructors will meet you in the main lodge or elsewhere if you decide on a less busy meeting point. **Sit Ski students meet instructors by the equipment room.**

## WHAT TO WEAR

We suggest the skier/snowboarder wear layered synthetic clothing. The following items are essential:

- Long underwear
- Thermal or wool socks (one or more pairs)
- Ski pants, or warm, windproof trousers (jeans are cold)
- Warm sweater and/or turtleneck
- Windproof jacket
- Neck warmer (all loose ends must be tucked in)
- Toque or earmuffs
- Warm Mitts or gloves - these should be moisture and wind resistant.
- Goggles - strongly recommended to protect against eye injury, including the blind and visually impaired
- **Helmets are mandatory for all students- It is best to have your own; Rabbit Hill has helmet rentals.**