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## 2019 2020 VOLUNTEER INFORMATION & SCHEDULE:

- **STEP 1: Purchase CADS Membership** <http://cadsalberta.goalline.ca/event-search.php?type=49>
- **STEP 2: Register online prior to attending** <http://www.cadsedmonton.ca/volunteers/become-a-volunteer/>
- **Introductory Training Weekend:** Saturday, Dec 7<sup>th</sup> & Sunday, Dec 8<sup>th</sup> @ **Rabbit Hill** from 9:00am - 4:00pm. **All new volunteer instructors to attend.**
- **Instructor Training Weekend:** Sat. Jan.11<sup>th</sup> or Sun. Jan.12<sup>th</sup>, 2019 9:00am – 4:00pm @ Rabbit Hill. All instructors will be divided into two groups to attend on **either** Saturday or Sunday.
- **Monday 8 Week Program-** Monday, January 13<sup>th</sup> until Saturday, March 7<sup>th</sup>, 2020 7:00pm – 9:00pm @ Rabbit Hill.
- **Saturday 6 Week Program-** Saturday, January 18<sup>th</sup> until Saturday, March 7<sup>th</sup>, 2020 9:30am – 11:30am @ Rabbit Hill.
- **The final lesson for both programs is on Saturday, March 7<sup>th</sup>, it is a Family Fun Day & BBQ from 10:00am – 3:00pm**
- **No lessons on Saturday, February 15<sup>th</sup> & Monday, February 17<sup>th</sup> & Saturday, February 22<sup>nd</sup>**

## REGISTRATION

The following information is intended to introduce our programs to new volunteers, and to serve as a reminder to returning participants in the program. If you have any questions, please call (780) 669-3856.

- CADS Edmonton submits police checks at no cost for volunteers residing in Edmonton & Areas (Beaumont, Sherwood Park, St.Albert, Morinville, Fort. Sask, Leduc, Spruce Grove & Stony Plain). Two pieces of government issued ID including a photocopy of your ID with you to training weekend (Driver's License, Passport, Birth Certificate, Alberta Health Care, etc.) **(Student ID will not be accepted)**. CADS Edmonton reserves the right to refuse memberships based on the outcome of this screening. CADS Edmonton members must disclose any information about themselves that may affect their involvement in the program.

***PLEASE REGISTER ON-LINE EARLY TO ASSIST OUR SEASON PLANNING***

## CADS VOLUNTEER MEMBERSHIP FEE

All CADS Edmonton volunteers are required to hold a current membership with CADS National. The membership provides 2 types of insurance coverage for the season through CADS National (sports injury and third party liability) and offers member benefits (such as discounts for skiing/snowboarding and sporting equipment - details are listed on the website <https://cadsalberta.ca/ticket-discounts/>). The cost is \$45 per year available through Goalline. **We do not want the cost to be a barrier to people volunteering, so if financial assistance is required please feel free to contact the program coordinator (Sharon Veeneman)**. We appreciate volunteers supporting CADS Edmonton through this financial contribution to offset costs for the program.

## WEATHER

If the ambient temperature **AT THE EDMONTON INTERNATIONAL AIRPORT** is -20C or lower (or extreme conditions exist) at 4:00pm on a Monday lesson night or at 5:30pm on Friday for a Saturday lesson, the lesson will be cancelled. **DO NOT call Rabbit Hill. Please call our Info Line (780-577-1442)** if you are uncertain if the lesson is cancelled. Info Line is updated at 4:30pm on Mondays and 6:00pm on Fridays.

## CADS EDMONTON PROGRAM

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

The program is held at Rabbit Hill Snow Resort, and runs on Monday nights, 7:00pm - 9:00pm & Saturday mornings 9:30am – 11:30am beginning in January. Volunteers provide one-on-one ski/snowboard instruction for students at all levels, from beginner to advanced.

## **LEARN TO TRAIN – ATHLETE DEVELOPMENT**

CADS Alberta Zones can operate a Zone-Club competition program that encompasses adaptive alpine skiing or snowboarding with race-based training at a club level. Regular training sessions coupled with shared race events will occur throughout the season under supervision of the coaching staff. CADS Edmonton operates a “Learn to Train” program of athlete participants from the Edmonton club that are new to competition. These athletes are interested in pursuing the competition stream that have reached an intermediate level of adaptive skiing or snowboarding ability on the hill.

The goal is to provide a higher level of learning than the regular CADS program would offer. “Learn to Train” will include team based on-hill instructional coaching using tools such as race gates/courses, timing and video review. Training sessions and races will occur at both Rabbit Hill and other regional ski resorts to offer varied terrain and environments. The implementation of these strategies will improve athletes’ skills and bring training in-line with what is used in higher levels of the sport.

## **WHAT TO DO ON THE FIRST NIGHT (SKI, SNOWBOARDING and ATHLETE DEVELOPMENT)**

Arrive at the CADS Edmonton Clubhouse ½ hour before lessons to get ready. CADS volunteers will be handing out lift tickets and taking attendance, **please check in every night**. Make arrangements to meet with your student in the same area each week. Sit ski students and instructors will check in at the equipment room in the CADS clubhouse.

## **VOLUNTEERS ARE NEEDED**

We always need more volunteers on lesson nights, and to enhance our programs throughout the year.

- **Instructors:** On the hill, skiers/snowboarders are needed as instructors, teaching assistants and guides. CADS Edmonton will provide volunteer instructors on hill training in instruction techniques for the various disciplines of disabled skiing/snowboarding. This occurs primarily at the introductory training session in December and at the January training weekend prior to the season, thus it is very important to attend the required training. In addition to local training, CADS Edmonton encourages instructors to pursue CADS certification (financial assistance toward attending such courses may be offered upon approval by the CADS Edmonton Board).
- Non-skiing volunteers in snow boots can assist instructors and supervisors on the bunny slopes. Volunteers are indispensable when assisting in the lodge and helping organize fun events at the hill.
- **BOARD OF DIRECTORS:** You can assist with program planning and administration by participating as a member of the CADS-Edmonton Board of Directors.