

MINI RIPPER PROGRAM



2018-2019



5 - 8 Year Olds – Skiers (CSIA)

7 – 10 Year Olds – Snowboarders(CASI)

HELMETS ARE MANDATORY FOR ALL STUDENTS

The MMC-Shames Mountain Mini Ripper program is taught using the Canada Ski Instructors Alliance (CSIA) & the Canadian Association of Snowboard Instructors (CASI) Development/Learning Program Guidelines.

CSIA – At each Level key activities target the four objectives: Gliding, Direction Change, Speed Management and Mobility

CASI – At each level key activities target: Stance & Balance, Pivoting, Edging and Timing & Coordination.

These reference points provide clear and achievable objectives to motivate and develop skills in a safe and fun environment.

Program

Dates: Starting ***Saturday*** January 11 & ending Saturday February 29
Starting ***Sunday*** January 12 & ending Sunday March 1
This program is for 8 sessions

TIME: 12pm – 3pm

PRICE: **ALL AGES Full Package: \$400.00**
This package includes: Lift Tickets, Rentals & 8 days of Instruction

ALL AGES Child has own Equipment: \$320.00
This package includes: Lift Tickets & 8 days of Instruction

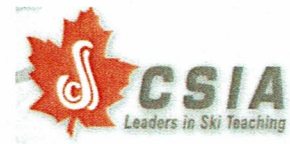


My Recreational Mountain Co-operative

4805 Highway 16 West, Terrace BC, V8G 0H3

Ph: 250-635-3773 Fax: 250-635-9773 Email: shamesmountain@citywest.ca

5 - 8 Year Olds – Skiers



EXPLORATION

EXPLORATION 1 – Bronze

Goal: Linked snowplow turns

- Never Ever Skier

EXPLORATION 2- Silver

Goal: Parallel skis some of the time

- Ready for Poles
- Turns both ways
- Can ski Sternwheeler
- Ready for Parallel Skiing

EXPLORATION 3-Gold

Goal: Parallel skis most of the time

- Skies with Poles
- Skies Blue runs
- T-Bar ready
- Can Parallel Ski

ADVENTURE

ADVENTURE 1-Bronze

Goal: Exposure to varied terrain

- Skies with poles
- Skis parallel most of the time
- Ready for varied terrain (uneven ground)
- Rides the T-Bar with confidence

ADVENTURE 2-Silver

Goal: Linked parallel turns

- Prefers Blue terrain
- Skis parallel most of the time
- Has experience on ungroomed runs
- Rides T-Bar with confidence
- Can Hockey stop on both sides (parallel stop)

ADVENTURE 3-Gold

Goal: Consistent parallel skiing

- Ready for Black runs
- Maintains control in steeper Blue terrain
- Comfortable in easy ungroomed terrain

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7 – 10 Year Olds – Snowboarders



BUGABOO ADVENTURE

- Never Ever **OR** unable to turn on both edges

LAURENTIANS ADVENTURE

- Load & Unload chair safely
- Can turn on both edges

LONG RANGE ADVENTURE

- Can link turns on Blue runs & is comfortable on T-Bar
- Controls speed in Intermediate Treelines
- Jumps with pop on the side of the runs or on small features

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MMC-SHAMES MOUNTAIN

MINI RIPPERS PROGRAM 5-8yrs old SKIERS

2019-2020

DATE: _____

CHILDS NAME: _____
Please Print

AGE: _____

PARENTS NAME: _____
Please Print

ADDRESS: _____

PHONE NUMBER: _____

EMAIL: _____

Please inform us of any Allergies/Injuries/Medications:

PROGRAM DATES: ☐ Saturday's starting January 11 and ending Febrary 29
Choose a session ☐ Sunday's starting January 12 and ending March 1

TYPE OF PROGRAM:

Exploration 1 ☐ Exploration 2 ☐ Exploration 3 ☐

Adventure 1 ☐ Adventure 2 ☐ Adventure 3 ☐

PRICE: ☐ \$400.00 Full Package incl. Lift Tickets, Rentals Taxes incl in prices
☐ \$320.00 Child has own Equipment incl. Lift Tickets Taxes incl in prices

NEEDS: ☐ Rentals

PAID: ☐ Visa ☐ M/C ☐ Debit/Cash/Cheque

NEEDS: ☐ Equipment

Parents Signature: _____

My Mountain Co-op Representative: _____

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Fax: 250-635-9773

Email: shamesmountain@citywest.ca

www.mymountaincoop.ca



MMC-SHAMES MOUNTAIN

MINI RIPPERS PROGRAM 7-10yrs old SNOWBOARDER 2019-2020

DATE: _____

CHILDS NAME: _____
Please Print

AGE: _____

PARENTS NAME: _____
Please Print

ADDRESS: _____

PHONE NUMBER: _____

EMAIL: _____

Please inform us of any Allergies/Injuries/Medications:

PROGRAM DATES: ☐ Saturday's starting January 11 and ending Febrary 29
Choose a session ☐ Sunday's starting January 12 and ending March 1

TYPE OF PROGRAM:

Bugaboo Adventure ☐

Laurentians Adventure ☐

Long Range Adventure ☐

PRICE: ☐ \$400.00 Full Package incl. Lift Tickets, Rentals Taxes incl in prices
☐ \$320.00 Child has own Equipment incl. Lift Tickets Taxes incl in prices

NEEDS: ☐ Rentals

PAID: ☐ Visa ☐ M/C ☐ Debit/Cash/Cheque

NEEDS: ☐ Equipment

Parents Signature: _____

My Mountain Co-op Representative: _____

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