



## **SAPLING SESSIONS HOST CLUB FAQ**

### **WHAT IS A SAPLING SESSION?**

Sapling Sessions are held on weekends throughout the winter and focus on introducing young skiers to the fun and excitement that Freestyle Skiing has to offer. Our program aims to introduce and build skiing skills in the terrain park, halfpipe, and moguls.

### **WHO DOES THE SAPLING SESSION TARGET?**

Sapling Sessions aim to target skiers aged 7 and up who want to improve their skiing or try out freestyle skiing for the first time.

### **WHAT IS THE STRUCTURE/SCHEDULE OF A SAPLING SESSION EVENT?**

Here is an example of a Sapling Session schedule from previous years.

<b>DAY 1</b>	
9:00 - 9:30	Registration
9:30 - 9:45	Warm-Up & 'Get to Know You' Games
9:45 - 11:30	Fundamental Flat Skiing Skills Games
11:30 - 12:30	Lunch as a group
12:30 - 3:00	Moguls/Rollers
3:00	End of Day

<b>DAY 2</b>	
9:00 - 9:15	Meet
9:15 - 9:30	Warm-Up
9:30 - 10:00	Fundamental Flat Skiing Skills Games
10:00 - 11:30	Introduction to Terrain Park (jumps, boxes, &/or halfpipe)
11:30 - 12:30	Lunch as a group
12:30 - 1:45	Terrain Park/Moguls Clinic Wrap-Up & Practice Runs in Designated 'Sapling Session' Course
1:45 - 2:45	Showcase-Style Sapling Session Jam! - Emphasis on fun and creativity.
2:45 - 3:00	Awards for Everyone (e.g. Had the Most Fun Skiing Award, Most Creative Award, Bravest Skier Award, Learned a New Skill Award, etc.)

### **WHAT RESPONSIBILITIES WILL MY CLUB HAVE TO RUN THIS EVENT SUCCESSFULLY?**

The Host Clubs responsibility's are Terrain, Recruitment and Operations.

TERRAIN



- Build beginner terrain course. Features must be appropriate for entry-level freestyle skiers i.e. Boxes, small jump, small moguls
- The resort's operations staff will prepare the appropriate course/terrain equivalents prior to the event

## RECRUITMENT

- Provide Freestyle program information for your club, i.e. brochure to provide all registrants promoting joining your freestyle club.

## OPERATIONS

- Provide and pay coach(es) for the event. These must be the club's regular coaches to build familiarity with the participants.
- Provide volunteers as needed
- Registration materials and process – meeting desk/spot and hand out jerseys to each participant
- Outdoor sound system
- Location for awards and prizes
- If possible, provide discounted lift tickets for participants

## **HOW WILL FREESTYLE ONTARIO HELP MAKE A SAPLING SESSION SUCCESSFUL?**

Freestyle Ontario will be responsible for the following:

- Promotional Sapling Session materials to be posted at your club and online.
- Terrain development consultation
- Jersey's for all Sapling Session participants. Each kid gets to take one home.
- A swag bag for all participants
- Online registration. Club athlete membership required. Payment will go directly to FO member clubs.
- Online and social advertising for your club's Sapling Session via FO channels

## **WHAT IS THE PROFIT DISTRIBUTION GOING TO BE BETWEEN MY CLUB AND FO?**

Member Clubs will receive the registration fees for the event, and Freestyle Ontario will maintain the requirement of a Club Athlete Membership. The suggested cost for the weekend is \$110 including the membership.