



SAPLING SESSIONS

EVENT MANUAL & HOSTING AGREEMENT





SAPLING SESSION EVENT MANUAL

WHAT IS A SAPLING SESSION?

Sapling Sessions are fun 'Introduction to Freestyle Skiing' clinics. Sapling Sessions provide a unique event style experience for participants, while also serving as a recruitment tool for the local club. Sapling Sessions align with Freestyle Canada's Long Term Athlete Development framework, providing FUNdamentalz stage programming to children ages 7-13.

Sapling Sessions are held over two-days. They start with foundational freestyle skiing skill development, progress to introducing athletes to various freestyle terrain and skills, and close with a fun, lively showcase by the athletes for parents and friends to watch.

Sapling Sessions are intended to provide a positive introductory freestyle experience to young skiers, and to transition these new freestylers into the host club's multi-week freestyle program.

WHY HOST A SAPLING SESSION?

By hosting a Sapling Session, you are utilizing a proven framework to recruit athletes to your club's freestyle programs. Sapling Sessions provide an avenue for new freestyle skiers to try the sport for the first time, learn the foundational skills needed to enjoy the sport, and a pathway for these skiers to join the host club's multi-week freestyle program. Also, for recreational skiers who have tried freestyle before, but are still relatively new to the sport, Sapling Sessions provide a formal clinic/event type experience. This experience helps build the engagement these recreational skiers have with freestyle skiing.

Sapling Sessions provide an opportunity to work closely with FO staff to develop entry level freestyle terrain at your club. With our guidance Sapling Sessions will help your club create a buzz around freestyle skiing and increased participation in your freestyle programs.



SAPLING SESSION TERRAIN OVERVIEW

Sapling Sessions aim to provide introductory experiences to freestyle, as such entry level multi-discipline freestyle terrain should be prepared for the event.

Ideally terrain will have a variety of features, such as jumps, boxes, moguls, and/or rollers. This terrain has proven to be a hit among skiers and snowboarders of all levels as a season long entry-level facility.

If moguls are not possible, rollers can be built instead. Your other club programs will benefit from this terrain for stance & balance, pressure control training. It requires minimum hill space and mitigates the risk of injury.

The terrain provided for the Sapling Session can be adjusted based on hill capacity, weather conditions, space, etc.

The following is a guide to Sapling Session appropriate terrain specs:

- 10' Park Jump
- 8' to 16' Box, low to the ground, and the wider the better
- 5 to 10 rollers on a 10-20 degree slope
- Small moguls on a slope with a pitch of 15-22 degrees
- Halfpipe or quarter pipe of any size (if possible)

For photos of various Sapling Session terrain, please see Appendix A at the end of this document.

PRICE STRUCTURE

Sapling Session participants must have a valid Freestyle Ontario Try Freestyle Athlete membership or higher. Try Freestyle memberships are only available through special arrangements made with Freestyle Ontario. All other membership types can be easily purchased at <https://freestyleontario.ski/membership>.

Note, if an athlete chooses to enroll in the club's Freestyle Ontario sanctioned programming outside of the Sapling Session, they will be required to purchase a Club Athlete membership or higher. Try Freestyle memberships expire upon the conclusion of the Sapling Session and cannot be re-purchased for other



programs held that year.

Athlete membership registration, including Try Freestyle, can be incorporated into the event registration page. Please contact Luke Lambert at luke@freestyleontario.ski or (416) 238-7604 x 701 to set up registration.

The Host Club sets the registration fee for the Sapling Session. An effective registration fee in previous years has been between \$50 to \$60 + service fee & tax (if applicable) or the two days, in addition to the membership fee.

The registration fee will go to the Host Club, the membership fee will go to Freestyle Ontario.

SAPLING SESSION SAMPLE SCHEDULE

DAY 1	
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 (individually with athlete's parents/guardians, typically not supervised by coach)
12:30 - 3:00	Moguls/Rollers
3:00	End of Day

DAY 2	
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 (individually with athlete's parents/guardians, typically not supervised by coach)
12:30 - 1:45	Terrain Park/Moguls Clinic Wrap-Up & Practice Runs in Designated 'Sapling Session' Course
1:45 - 2:45	Sapling Session Showcase - 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.)





EVENT HOSTING AGREEMENT

THIS AGREEMENT sets out the conditions for the 2024 Timber Tour competitions as detailed herein,

BETWEEN

Freestyle Skiing Ontario Inc. ("FO" or "Freestyle Ontario")

AND

Name of Freestyle Ontario Member Club "The Club"

AND

Name of Host Venue "The Host Resort"

The intention of the Event Hosting Agreement is to outline what is needed for a successful event, for the participants have a fun and safe experience, and for the intended goals of the event to be achieved. Following the process described in this agreement will develop an organized structure to support scheduling, allocation of resources, marketing, registration processes, club volunteer development, exposure for freestyle skiing, good communication, and building positive relationships with host ski areas.

THE CLUB, THE HOST RESORT, AND FREESTYLE ONTARIO'S RESPONSIBILITIES

The overall intention of a Sapling Session is for The Club, The Host Resort, and Freestyle Ontario to work together in hosting an event designed to drive both The Club's freestyle skiing program registration as well as Freestyle Ontario's membership registration. The event is intended to provide new freestyle skiers with a fun and safe introductory freestyle experience, and for these skiers to want to continue on in the sport.



FREESTYLE ONTARIO RESPONSIBILITIES:

- Lead a series of Local Organizing Committee meetings to ensure the successful organization of the event.
- Provides The Club with promotional Sapling Session poster design to be posted at the The Host Resort and online. Printing & shipping costs to be covered by The Club.
- Course building phone/email consultation.
- Bibs for all Sapling Session participants. Each athlete gets to keep their bib.
- Small SWAG items for all athletes.
- Provide the event's registration platform.
- Online and social media advertising for your club's Sapling Session.
- Provides the Sapling Session event framework.
- Commercial General Liability insurance sanctioning via Freestyle Canada/Snow Sports Canada club insurance program. Details on this coverage can be found at:
<https://freestylecanada.ski/resources/insurance/cgl/>
- Provide FO/Sapling Session branding for the event.



THE CLUB'S RESPONSIBILITIES

TERRAIN

- Work with The Host Resort in building and providing terrain that aligns with the terrain guidelines included in this document. All feature should be easy enough for entry-level freestyle skiers ie. Boxes, small jump, small moguls. All terrain building costs to be covered by The Host Resort.
- Ensure resort operations staff prepare the appropriate course/terrain prior to Sapling Session.

ORGANIZATION

- One or more of The Club's leaders must attend and participate in all Local Organizing Committee meetings.
- The Club's leaders are to work with The Host Resort on organizing any venue requirements are effectively organized.
- Provide Freestyle Ontario with the desired dates, meeting spot, price structure, and any other logistical information.
- Ensure that all athletes, coaches, and volunteers have a valid Freestyle Ontario membership and coaching qualifications. All coaches must be at a minimum FUNdamentalz Trained. Details on coach qualifications and the coach development pathway can be found at <https://freestyleontario.ski/coaches>
- Agree that the The Club must have a valid Freestyle Ontario club membership, and to pay the membership fees associated with such a membership.
- Agree to use the Freestyle Ontario designated registration page for all event registration.



- Assist in the assembly of each athlete's SWAG bag with the prizes provided by Freestyle Ontario, and with a promotional brochure for the Host Club's freestyle program.
- Be responsible for covering all Sapling Session poster printing/shipping costs.

PROGRAM RECRUITMENT

- Provide print and digital freestyle program information for your club, i.e. multi-week freestyle program promotional brochure to be distributed to all Sapling Session registrants.

OPERATIONS

- Provide coach(es) for the event. All coaching costs to be covered by The Club. It is required these be your club's regular coaches to build familiarity with the Sapling Session participants.
- Provide volunteers when needed.
- Registration materials and process – meeting desk/spot and hand out bibs to each participant.
- Provide a sound system, announcer, and event appropriate music for the Sapling Session Showcase.
- Arrange with The Host Resort a location for awards and prizes.
- If possible, arrange with The Host Resort discounted lift ticket rates for participants.
- The Club's coaches and program leaders are to be available to speak with the athlete's parents for a reasonable period of time at the end of Day 1 and Day 2 of the Sapling Session.
- The Club's coaches are to stay with the athletes until the athletes are picked up by their parent guardian, both at lunch and at the end of each day.



PROMOTION

- Promote the Sapling Session using website, social media, and posters provided by Freestyle Ontario.

THE HOST RESORT'S RESPONSIBILITIES

TERRAIN

- Build and provide terrain that aligns with the terrain guidelines included in this document. All feature should be easy enough for entry-level freestyle skiers ie. Boxes, small jump, small moguls. All terrain building costs to be covered by The Host Resort.

ORGANIZATION

- Collaborate with The Club's leadership in the organization of the event.

OPERATIONS

- Provide a meeting desk area for athletes to check in, collect bibs, and purchase lift tickets.
- Provide a space for bibs and SWAG to be stored during the event.
- Ensure the appropriate terrain is available for the athletes and coaches during the entirety of the Sapling Session.
- Provide a space for awards and prizes to be distributed on Day 2.
- If possible, provide discounted lift tickets to Sapling Session participants.



PROMOTION

- Allow The Club and FO to promote the Sapling Session through the posting of posters and utilizing social media leading into the event.



SIGNING PAGE

Date of Sapling Session: _____

Registration Fee: _____

Note: This registration fee does not include the mandatory Freestyle Ontario membership, or the SnowReg service fees. FO's Sapling Sessions are meant to serve as a recruitment tool for clubs and a method for FO to generate new members as a PSO. Host clubs are recommended to set a price that is affordable, and that covers their coaching costs related to the event.

<p>_____ Eli Budd Executive Director Freestyle Skiing Ontario Inc.</p> <p>_____ Date</p>	<p>_____ <i>The Club's Signing Authority Signature</i></p> <p>_____ <i>The Club Signing Authority Name</i></p> <p>_____ <i>Name of The Club</i></p> <p>_____ Date</p>	<p>_____ <i>The Host Resort's Signing Authority Signature</i></p> <p>_____ <i>The Host Resort's Signing Authority Name</i></p> <p>_____ <i>Name of The Host Resort</i></p> <p>_____ Date</p>
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APPENDIX A - EXAMPLES OF SAPLING SESSION TERRAIN



Sample Sapling Session Course









