



SAPLING SESSIONS FAQ FOR PARENTS

Q: WHAT IS A SAPLING SESSION?

A: 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.

Q: WHAT IS THE SKILL LEVEL OF THE PARTICIPANTS?

A: Sapling Sessions participants are novice skiers aged 7 and up who are looking to learn more about freestyle disciplines and have fun!

Q: WHAT IS THE SCHEDULE OF A SAPLING SESSION EVENT?

A: An example Sapling Session schedule is below.

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 as a group
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 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.)

Q: WHAT IS SUPERVISION/COACHING IS PROVIDED?

A: There will be coaches with no more than 10 participants per coach who will oversee the event and make sure your child is safe.



Q: ARE LIFT TICKETS PROVIDED?

A: No. Athletes must purchase their lift ticket through the host resort.

Q: ARE LUNCHES PROVIDED AND WILL THERE BE SUPERVISION DURING THIS TIME?

A: Lunches are not provided but time is allocated for lunch during the day and lunch is supervised.

Q: IS THE SKIING/ COURSE SAFE?

A: The course is designed for first time freestyle skiers to learn and grow, with the help of qualified coaches' safety is a top priority.

Q: WHAT EQUIPMENT IS NEEDED?

A: The same ski equipment you would bring for a normal day will work. If you have access to twin tip skis, using they are recommended. Please bring ski poles. Helmets are mandatory.

Q: THAT WAS SO MUCH FUN! HOW CAN I PARTICIPATE IN MORE FREESTYLE?

A: You can either contact the host club or Freestyle Ontario about having your register in a multi-week freestyle program. The host club's program info will be provided through the Sapling Session. Freestyle Ontario's website has info on the various freestyle programs and activities happening in Ontario.