



## CARVING THE FUTURE

Come out and try a few days of entry level ski racing at a CARVING THE FUTURE camp near you! Alpine Canada Alpin would like to invite you to learn what ski racing is all about!

### VISION:

To bring skiers who want to learn more about ski racing together on snow

To teach athletes what is required to be a ski racer and what it takes to become the next Paralympic champion

To provide opportunity for coaches to learn more about ski racing and the unique elements of coaching para athletes.

### ATHLETES:

Improve your free-skiing

Learn-to and/or improve your skiing in gates

Work with a national team coach

Learn how to take care of your ski equipment

Participate in a race

### COACHES/INSTRUCTORS:

Assist in coaching and supporting athletes

Help carry equipment

Provide feedback to athletes

Learn how a para-alpine athlete trains

Opportunity to lead on-snow sessions

Presented by:



**PARA-ALPINE**

## SCHEDULE:

Alberta: January 10-11, 2015: Rabbit Hill

Quebec: January 15-16, 2015: Ski Bromont

New Brunswick: January 24-25, 2015: Poley Mtn

Ontario: January 29-30, 2015: Craigeith Ski Club

## WHAT'S REQUIRED:

Provide own ski equipment.  
\*helmets are mandatory\*

To be able to comfortably ski a blue run without assistance or supervision. If this is something you are uncomfortable with, you are welcome to bring an assistant to help you.

To cover the cost for your own transportation to the hill, as well as your lift tickets, food and accomodation required for the camp.

Signed liability waiver

-Can be completed ahead of time with registration or day of event.



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To Register for any event or for more information,  
please contact Nick Brush  
Para-Alpine Athlete Development Coordinator  
nbrush@alpinecanada.org 778.887.5141



## BUILDING OUR BEST

PRESENTED BY BC ADAPTIVE SNOW SPORTS (BCAS)

BC Adaptive Snowsports (BCAS) has been successful in implementing a 'learn-to-race' program called Building Our Best (BOB). Carving the Future was initially inspired by and continues to be motivated by BOB and the recruitment and awareness the program has created. BOB camps and races provide an opportunity to develop and teach adaptive and cognitively impaired athletes to take their skiing to the next level through an introduction to ski racing. This program continues to help build the future for para-alpine skiing in Canada. For more info on these camps, contact John Newton, BC Para-alpine ski team head coach, [john@bcadaptive.com](mailto:john@bcadaptive.com).



BUILDING OUR BEST

SUN PEAKS JAN 22-25 • GROUSE MOUNTAIN MAR 5-8 • SILVER STAR MAR 19-22