

2016/17 WINSPORT PARENT GUIDE





Welcome to WinSport

At WinSport, we want to help you be Better Than Yesterday. Young or old, beginner or expert, WinSport's world class coaches and facilities help people reach personal bests every day. Our programs keep kids busy and active and teach skills that help them move with confidence and competence not only in sport, but in all aspects of life.

This document will help you make the most of your child's time at WinSport. Please read the details carefully and contact your teacher if you have any questions.

E: schoolprograms@winsport.ca
P: 403.202.6577

What will my child be doing?

- Your child is going to have fun learning new skill and abilities
- A progression card will be given to your child by their instructor indicating what skills they have mastered
- Your child will receive guided instruction, which ensures their safety and the opportunity to build a relationship with their instructor.





WinSport Ski and Snowboard Participant Information Form

Student's name: _____

Student's teacher: _____

Grade: _____

Male/Female: _____

Parent/Guardian name: _____

Emergency contact name: _____

Rental information

Weight: _____ lbs

Height: _____ ft _____ in

Shoe size: _____

Is there any specific medical information Ski Patrol should be informed of?

My child would like to participate in:

Skiing or Snowboarding

Please indicate which level matches your child's ability:

SKI

Level 1 Your child is a first time skier or tried the activity once or twice many years ago.

Level 2 Your child has skied a couple of times on easy green runs. He or she can stop in a wedge and perform basic turns and is comfortable in the beginner area.

Level 3 Your child can confidently make linked turns in the beginner area and on green runs. He or she is comfortable using the chairlift, is progressing to blue runs and is starting to keep skis parallel.

Level 4 Your child is confident on all green and blue groomed runs, and is progressing to black. He or she keeps skis parallel throughout the whole turn. ***If your child is above a level 4, take this learning opportunity to develop new skills and try snowboarding.***

SNOWBOARD

Level 1 Your child is a first time snowboarder or tried the activity once or twice many years ago.

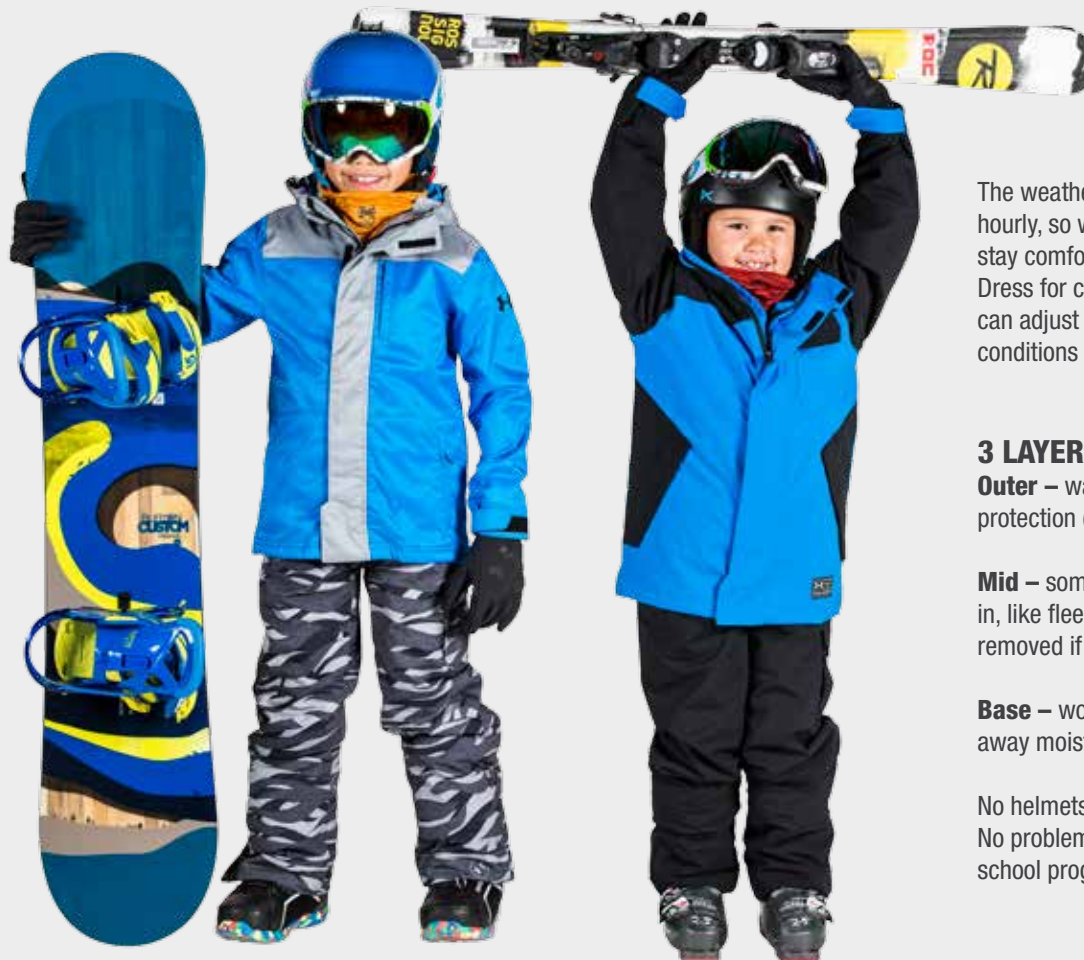
Level 2 Your child can traverse on both edges and is starting to link some basic turns on green terrain.

Level 3 Your child can link turns on all green terrain and is progressing to blue runs. He or she is comfortable using the chairlift.

Level 4 Your child can link turns confidently on all green and blue groomed terrain and is progressing to black runs. ***If your child is above a level 4, take this learning opportunity to develop new skills and try skiing.***

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What You Should Wear



The weather in Calgary can change hourly, so we want to make sure you stay comfortable for your entire lesson. Dress for comfort in layers so you can adjust your temperature as the conditions on the hill change.

3 LAYER RULE:

Outer – water, snow, rain, wind protection (like a winter coat!)


Mid – something that keeps the heat in, like fleece and wool, but can be removed if the weather warms up

Base – worn close to skin and wicks away moisture (like long underwear)

No helmets, boots, skis or boards?
No problem. These are provided to all school program participants.

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Thanks for letting us spend the day on snow with your child!

We hope they learn a lot and want to continue working on their skills.

Consider coming back and practicing again this season. WinSport has ski and snowboard lessons during all school breaks so your child can practice and improve on what they learned with their school.

PD Day Camps*

*We also offer mountain bike PD Day camps

Christmas Break

March Break

Information on all of our programs can be found at winsport.ca

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