

# Sunrise **A**-Team 2007/08

*All Terrain Any Condition*

**Description:** A program for young skiers & snowboarders designed to reinforce fundamental riding concepts.

## **Objectives:**

- 1-Athletes will learn fundamental riding concepts.
- 2-Athletes will be exposed to a variety of terrain & conditions.
- 3-Athletes will develop team-building skills.
- 4-Athletes will increase their confidence & ability to manage challenging situations.

## **Activities:**

- 1-Lessons will be designed and implemented to meet the individual needs of each athlete.
- 2-Time will be spent exploring the different aspects of the mountain.
- 3-Emphasis will be placed on working together and building up each member.
- 4-Athletes will practice on difficult terrain and learn to negotiate the best approach down.
- 5-Activities will be developed around the idea that skiing and snowboarding are great sports and should be thoroughly enjoyed!

**Age:** 7 to 16

**Days and Times:** Saturdays, 9:00AM - 3:00PM, Sunrise Junior Snow Sports Room.

**Uniform:** Participants are responsible for adequate clothing, equipment & helmet

**Instructors:** Are certified staff from the Sunrise Ski & Snowboard School.

**Cost:** \$375.00 Payable to Sunrise Ski & Snowboard School (this includes coaching and NASTAR pass). Athletes are also responsible for their own Sunrise Season Pass or a daily lift ticket.

**Start Date & Parent/Athlete Meeting**  
**Saturday, December 15<sup>th</sup>, 2007 9:00 AM**  
**Sunrise Junior Snow Sports Room**

**LIMITED SPACE!! IF INTERESTED IN PARTICIPATING PLEASE CONTACT**  
**Sunrise Ski & Snowboard school 800-772-7669-x2306**

**(see the back of this form for registration)**

## 2007/2008 A-Team Registration

Please Print Clearly & Fill Out Completely

E-mail This ... Fax It

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

My current "ride level is:

- Beginner
- Intermediate
- Advanced

Select option:

- Ski
- Snowboard

Payment:

- Training ... \$375
- Pass (not included in the training cost):
  - I have my own season pass
  - I will purchase a season pass
  - I will need a daily lift ticket

Payment method:

- Check
- Cash
- Credit Card:

Type Card (e.g. VISA) \_\_\_\_\_

CC #: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Amount: \_\_\_\_\_

Signature: \_\_\_\_\_