



RABBIT HILL SKI CLUB

2023-2024 PROGRAM GUIDE

ATHLETES BORN 2019-2014



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WELCOME

Welcome, to returning families and to all new families, to the 2023/2024 Rabbit Hill Ski Club.

Over the last several months your executive team has been working hard to support our amazing program director in the drive to continue to make Rabbit Hill Ski Club stand out amongst the rest. Our drive to promote a great program focuses on our passion to create a positive environment for athlete development, enthusiasm and confidence. Both on and off snow we strive to enhance our athletes' skills and abilities in a safe and fun manner. Not only that, but we continue to "stoke the fire" within our athletes to create a lifelong passion for skiing in and out of the gates. After all, we as parents love it just like our athletes do.

There have also been some changes made in our program guide that will help parents be a part of this amazing club because without you all... we would not have this opportunity. For many years the Rabbit Hill families have stood out as one of the most supportive groups amongst the ski racing community through its volunteerism. Without all of you, we would not be able to continue this level of support on and off the snow. So, thank you for your ongoing support, dedication and passion to be a part of a family I've been a part of in my own youth and now as a parent.

I look forward to catching up with everyone and moreover, look forward to meeting our new families and athletes.

All the best and I look forward to "ripping some laps" with everyone.

Yours truly,

Sean McPeak (or just "McPeak")
Rabbit Hill Ski Club President

EXECUTIVE BOARD

President	Sean McPeak	rhsc.president@gmail.com
Vice President	Tej Chuhan	rhsc.vicepres@gmail.com
Secretary	Adina White	rhsc.executive@gmail.com
Treasurer	Aaron Oligny	rhsc.payments@gmail.com
Director at Large	Keltie Elder	
Director at Large	Scott Worthing	

GENERAL PROGRAM INFORMATION

Rabbit Hill Ski Club (RHSC) provides a range of programs for individuals aged 4 to 9 years of age. Our programs are a part of the Nancy Greene Ski League, which is a national program, inaugurated shortly after Nancy Greene Raine's Gold Medal win at the 1968 Grenoble Olympic Winter Games. Since then, the program has been successful in introducing thousands of children to alpine skiing. Many of Canada's top international skiers received their early training in Nancy Greene Ski League programs.

The Nancy Greene Ski League also introduces children to competition. These events held at the club and zone level will provide young skiers the opportunity to test the skills they have learned in our programs in a fun and friendly environment. The emphasis in competition is placed on individual progress, team results, camaraderie, and fair play.

Athletes will have the opportunity to participate in optional mountain training camps, a variety of local races in the Edmonton area, as well as the Jasper Junior Olympics held in early March at Marmot Basin Ski Resort and a fun weekend race in Cold Lake. All races and mountain camps are optional. Races or camps must be registered and paid for through TeamSnap with our "Pay as you Go" options. These events have costs above and beyond the initial registration fees (please refer to Camp and Race Fees in this guide for more details).

SKI RESORT PASSES

Please remember all athletes must have a valid lift pass every time they are on snow, whether training at Rabbit, racing at one of our sister clubs, or at a Mountain Camp. Lift passes are available for purchase from the resorts themselves - www.rabbithill.com. Each family should assess which passes will work best for them for the season. We recommend purchasing a season's pass at Rabbit, and if planning for multiple Mountain Camps a season's pass at Marmot Basin might be the most cost-efficient option for your family as well. Marmot's passes can be purchased at www.skimarmot.com. There is also the option of getting an Escape card for Marmot Basin as well.

CLUB COMMUNICATION - TEAMSNAPE

Each group within RHSC has a coordinator who communicates to parents through the TeamSnap app. Once registered with RHSC, you will be introduced to your coordinator. Please ensure all contact information is updated, and notification settings are adjusted to your comfort level. The Team Snap chat functions are often used during club related events by coaches who need to send updates to parents or in any emergency situation. TeamSnap is also used to assess coaching needs for training days, so an athlete's availability needs to be updated accordingly. Team snap is not intended to be used for parent to parent communication.

U6 NANCY GREENE PROGRAM (BORN 2018-2019)

Our U6 program is for athletes ages 4-5 by December 31st, 2023. Training starts approximately early December and goes until late March on Saturday mornings. Wednesday evenings are offered starting in January, open to 5 year old second year racers (with one season of racing experience with RHSC) interested in additional training.

Please note that our programs are for athletes that have previous experience on skis and that have certain skills before starting with us. Athletes must have relative control over their equipment without being held up or with assistance from a harness, they must have shown the **ability to stop on their own** without assistance even if they have not mastered yet, and athletes should be comfortable being out in the elements while bundled up before joining our ski racing team. We are prepared for athletes to be a little less confident and realize that they may need a few sessions to get back on their feet, but we need to be sure your athlete has shown the ability to stop and have relative control of their equipment before they join our team. We start with the magic carpet, but our goal is to have our athletes comfortable with both the T-Bar and the chairlift by the end of the season. Note we do not let any of our U6/U8 ride any chairlift without a parent/coach. We suggest that if you are interested but your athlete has little to no experience or does not have the skills above, look into spending more time on snow with family or participating in lessons at Rabbit Hill Ski Resort to attain the necessary skills to be able to safely participate in our programming next year!

The program is aligned with the Gliding Start phase of the Long-Term Athlete Development Model from Alpine Canada. The program introduces children to basic ski techniques and skills, basic safety rules, and teamwork. Through play and movement, children develop their competencies in fundamental movement skills and learn how to link movement patterns together to perform sports skills. The focus of this stage is to have fun while participating in skiing and the development of fundamental movement skills to increase confidence. ***Enjoyment of the sport and the mountain environment is emphasized.***

MANDATORY PARENT MEETING VIA ZOOM: November 9th, 2023 at 7:00pm

PROGRAM TIMES (EARLY DECEMBER- LATE MARCH, SNOW CONDITIONS WILLING)

3hr program (approximately 45 Hours on snow)

-Saturdays 9:00 am - 12:00 pm

5hr program (approximately 71 Hours on snow)

-Wednesdays from 6:30-8:30 pm AND Saturdays 9:00 am-12:00 pm

-only open to athletes born 2018 on their 2nd year of racing and with approval from Program Director and U6 Head Coach

U6 Program Fees						
	Alberta Alpine Family Membership**	RHSC Membership* **	Alberta Alpine Competitor Card	North Zone Equipment Fee	Coaching Fees	TOTAL Program Fee
3 hr. Program Fees	\$86.00	\$30	\$150.00	\$25	\$236	\$441
5 hr. Program Fees*	\$86.00	\$30	\$150.00	\$25	\$372	\$577
<p>*The 5hr program is open to 5 year old racers with previous race club experience</p> <p>**Alberta Alpine Fees are per Family and not included in TOTAL program fee column</p> <p>*** Rabbit Hill Ski Club (RHSC) Membership fees are \$30 per athlete</p> <p>NOTE: Total Program Fees DO NOT include lift passes; seasons passes are to be purchased through Rabbit Hill Ski Resort</p>						

U6 DRYLAND PROGRAM (SEPT-OCT)

During U6 dryland athletes will be introduced to fundamental movement skills to promote physical literacy. Active play is critical at this stage of athletic development to build meaningful connections within the brain and between the brain and the child’s muscles. We use a range of activities planned around playing on bikes and on foot with structured environments to promote physical activity to be a fun part of your child’s healthy athletic development. We also have the opportunity for your athlete to meet some of RHSC coaches and get to meet their teammates off snow.

COACHES WILL BE AVAILABLE TO DO EQUIPMENT CHECKS FOR 30 MIN AFTER DRYLAND SESSION, SO PLEASE BRING EQUIPMENT FOR A QUICK CHECK! BOOTS ARE THE MOST IMPORTANT TO HAVE CHECKED FOR PROPER FIT.

DRYLAND PROGRAM TIMES

45 min program (approximately 4.5 Hours)

-Saturdays 9:30am-10:15 pm meeting outdoors at Whitemud Park(Sept 16th to Oct 14th) and Indoors TBD(Oct 21st to Nov 4th).

U6 Dryland Training Fees		
Dryland Training (optional)	Hrs	Total
2hr Saturday	~5.25 hrs	\$56.00
<p>*Dryland training is optional but strongly encouraged for each racer. Registration for dryland will be sent through TeamSnap after initial program registration.</p>		

For any questions, please contact our Program Director, Tessa Dakin at rhalpine.pd@gmail.com

U8 NANCY GREENE PROGRAM (BORN 2016-2017)

This program is for athletes ages 6 - 7 by December 31st 2023. The program is aligned with the Skier Essentials (ages 6-9) phase of the Long-Term Athlete Development (LTAD) Model from Alpine Canada. In the Skier Essentials stage, our skiers will continue to develop fundamental movement and skiing skills in fun, structured and unstructured environments. Our skiers in this phase are focused on developing technical skiing skills in a variety of training and competition environments.

MANDATORY PARENT MEETING VIA ZOOM: October 5th, 2023 at 7:00pm

PROGRAM TIMES (MID NOVEMBER- LATE MARCH, SNOW CONDITIONS WILLING)

3hr program (approximately 51 Hours on snow)

-Saturdays 9:00 am-12:00 pm

4hr program (approximately 72 Hours on snow)

-Wednesday AND Thursdays from 6:30-8:30 pm

5hr program (approximately 87 Hours on snow)

-Wednesday OR Thursdays from 6:30-8:30 pm AND Saturdays 9:00 am-12:00 pm

7hr program (approximately 123 Hours on snow)

-Wednesday and Thursdays from 6:30-8:30 pm AND Saturdays 9:00 am-12:00 pm

U8 Program Fees						
	<i>Alberta Alpine Family Membership**</i>	<i>RHSC Membership ***</i>	<i>Alberta Alpine Competitor Card</i>	<i>North Zone Equipment Fee</i>	<i>Coaching Fees</i>	TOTAL Program Fee
3hr. Program Fees	\$86.00	\$30	\$150.00	\$25	\$347	\$552.00
4hr. Program Fees	\$86.00	\$30	\$150.00	\$25	\$490	\$695.00
5hr. Program Fees	\$86.00	\$30	\$150.00	\$25	\$592	\$797.00
7hr. Program Fees	\$86.00	\$30	\$150.00	\$25	\$836	\$1041.00
<p><i>*All program fees include access, for an additional fee (please refer to Camp Fees), to the five (5) club wide mountain camps being held at Marmot Basin and Challenge Camp (April), location to be determined.</i></p> <p><i>**Alberta Alpine Fees are per Family and not included in TOTAL program fee column</i></p> <p><i>*** Rabbit Hill Ski Club (RHSC) Membership fees are \$30 per athlete</i></p> <p><i>NOTE: Total Program Fees DO NOT include lift passes; seasons passes are to be purchased through Rabbit Hill Ski Resort</i></p>						

U8 DRYLAND PROGRAM (SEPT-OCT)

The U8 dryland program focuses on the refinement of fundamental movement skills to promote physical literacy and to support the appropriate development of fundamental sports skills. Balance training will be heavily emphasized while also promoting flexibility, agility, and coordination. Sessions will focus on flexibility, agility, balance and coordination. We have a range of activities planned including river valley bike rides, plyometric field sessions, and trail jogging to create environments that promote physical activity to be a fun part of your child's healthy athletic development. Dryland is also a great opportunity for your athlete to meet some of the RHSC coaches and get to meet their teammates off snow.

Creating not only dynamic ski racers but physically literate athletes is the ultimate goal for our dryland program.

COACHES WILL BE AVAILABLE TO DO EQUIPMENT CHECKS FOR 30 MIN AFTER DRYLAND SESSION, SO PLEASE BRING EQUIPMENT FOR A QUICK CHECK! BOOTS ARE THE MOST IMPORTANT TO HAVE CHECKED FOR PROPER FIT.

DRYLAND PROGRAM TIMES

Thursday program (approximately 10 Hours)

- September 14th to October 5th - 6:30- 8:00 pm @ Whitemud Park, Edmonton.
- October 12th to November 2nd - between 6:30 - 8:00 pm (Indoors TBD, in Edmonton, 1hr session)

Saturday Program (approximately 11 Hours)

- Sept 16th to October 14th - 9:00 am-11:00 am, meeting outdoors @ Whitemud Park
- October 21st to November 4th - 9:00 am-11:00 am (Indoors TBD, in Edmonton, 1 hr session)

Thursday and Saturday Program (approximately 20 Hours)

U8 Dryland Training Fees		
Dryland Training (optional)	Hrs	Total
Thursday	~10hrs	\$90.75
Saturday	~11hrs	\$80.00
Thursday AND Saturday	~21hrs	\$170.75

**Dryland training is optional but strongly encouraged for each racer.
*Thursday night 6:30pm - 8pm and Saturday (9am-11am) sessions will be led by our coaches
Registration for dryland will be sent through TeamSnap after initial program registration.*

For any questions, please contact our Program Director, Tessa Dakin at rhalpine.pd@gmail.com

U10 NANCY GREENE PROGRAM (BORN 2014-2015)

This program is for athletes ages 8-9 by December 31st, 2023. The program is aligned with the Skier Essentials (ages 6-9) and Learn to Train (8-12) phases of the Long-Term Athlete Development Model from Alpine Canada.

In the Skier Essentials stage, athletes will continue to develop fundamental movement and skiing skills in fun, structured and unstructured environments. Racers will focus on developing technical skiing skills in a variety of training and competition environments. In the Learn to Train phase, athletes acquire a wide range of fundamental movement skills and technical ski skills while having fun participating in a variety of ski racing events. The aim is to have skiers start to understand the use of dynamic, athletic turns in different training and competition environments.

MANDATORY PARENT MEETING VIA ZOOM: October 5th, 2023 at 7:00pm

PROGRAM TIMES (MID NOVEMBER- LATE MARCH, SNOW CONDITIONS WILLING)

3hr program (approximately 51 Hours on snow)

-Saturdays 9:00 am-12:00 pm

4hr program (approximately 72 Hours on snow)

-Wednesday AND Thursdays from 6:30-8:30 pm

5hr program (approximately 87 Hours on snow)

-Wednesday OR Thursdays from 6:30-8:30 pm AND Saturdays 9:00 am-12:00 pm

7hr program (approximately 123 Hours on snow)

-Wednesday and Thursdays from 6:30-8:30 pm AND Saturdays 9:00 am-12:00 pm

U10 Program Fees						
	Alberta Alpine Family Membership**	RHSC Membership***	Alberta Alpine Competitor Card	North Zone Equipment Fee	Coaching Fees	TOTAL Program Fee
3hr. Program Fees	\$86.00	\$30	\$187.00	\$25	\$347	\$589.00
4hr. Program Fees	\$86.00	\$30	\$187.00	\$25	\$490	\$732.00
5hr. Program Fees	\$86.00	\$30	\$187.00	\$25	\$592	\$834.00
7hr. Program Fees	\$86.00	\$30	\$187.00	\$25	\$836	\$1078.00

**All program fees include access, for an additional fee (please refer to Camp Fees), to the five (5) club wide mountain camps being held at Marmot Basin and Challenge Camp (April), location to be determined.*

***Alberta Alpine Fees are per Family and not included in TOTAL program fee column*

**** Rabbit Hill Ski Club (RHSC) Membership fees are \$30.00 per athlete*

NOTE: Total Program Fees DO NOT include lift passes; seasons passes are to be purchased through Rabbit Hill Ski Resort

U10 DRYLAND PROGRAM (SEPT-OCT)

U10 Dryland will continue to focus on the refinement of fundamental movement skills to promote physical literacy as well as to support the appropriate development of fundamental sports skills and sport specific skills. Sessions will focus on flexibility, agility, balance and coordination. We have a range of activities planned including river valley bike rides, plyometric field sessions, and trail jogging to create environments that promote physical activity to be a fun part of your child’s healthy athletic development. Dryland is also an opportunity for the athletes to bond with each other and some of their coaches before starting on snow training. Creating not only dynamic ski racers but physically literate athletes is our goal with our dryland program.

COACHES WILL BE AVAILABLE TO DO EQUIPMENT CHECKS FOR 30 MIN AFTER DRYLAND SESSION, SO PLEASE BRING EQUIPMENT FOR A QUICK CHECK! BOOTS ARE THE MOST IMPORTANT TO HAVE CHECKED FOR PROPER FIT.

PROGRAM TIMES

Thursday program (approximately 10 Hours)

- September 14th to October 5th - 6:30- 8:00 pm @ Whitemud Park, Edmonton.
- October 12th to November 2nd - between 6:30 - 8:00 pm (Indoors TBD, in Edmonton, 1hr session)

Saturday Program (approximately 11 Hours)

- Sept 16th to October 14th - 9:00 am-11:00 am, meeting outdoors @ Whitemud Park
- October 21st to November 4th - 9:00 am-11:00 am (Indoors TBD, in Edmonton, 1 hr session)

Thursday and Saturday Program (approximately 20 Hours)

U10 Dryland Training Fees		
Dryland Training (optional)	Hrs	Total
Thursday	~10hrs	\$90.75
Saturday	~11hrs	\$80.00
Thursday AND Saturday	~21hrs	\$170.75
<p><i>*Dryland training is optional but strongly encouraged for each racer.</i></p> <p><i>*Thursday night 6:30pm-8pm and Saturday (9am-11am) sessions will be led by our coaches</i></p> <p>Registration for dryland will be sent through TeamSnap after initial program registration.</p>		

For any questions, please contact our Program Director, Tessa Dakin at rhalpine.pd@gmail.com

MOUNTAIN CAMPS

Mountain Camps are a great way to get more miles on snow for your athletes while giving them the opportunity to ski more challenging terrain than what we can provide at Rabbit Hill Ski Resort. You can expect your athlete to ski from the first turn of the chair lift to the last, these are full days on snow. Camp days will include opportunities for training in race environments, technical free skiing (TFS) to continue to develop skills, and free skiing to promote confidence and skills while in an unstructured setting (learning by playing). During mountain camps we see huge developments and lots of smiles! Please refer to the Parent Guide and Parent Zoom Meeting for more details on what to expect during a mountain camp.

NEW RACERS

Anyone new to the club without previous ski racing experience will be eligible for the January, February, March and April camps. More details to follow during the Parent Zoom Meeting in early October (dates to be announced).

CHAIRLIFT, AND TAILGUNNER DUTY

U6 & U8 Athletes, please be aware that we require parents of our U6 & U8 athletes to volunteer for chairlift and tailgunning duty. This allows us to maintain appropriate coach to athlete ratios while still ensuring athlete safety. Parents of U6 & U8 athletes participating in mountain camps must be able to comfortably navigate green runs and help athletes on and off chairlifts as well as lower and lift the chairlift safety bar. Ski lessons can be arranged through the Rabbit Hill ski resort if needed. Chairlift and tailgunner positions during normal training days DO NOT count towards your volunteer commitment.

PAY AS YOU PARTICIPATE CAMPS

Camp fees are not included in regular season program fees. Racers will be required to pay for their fees for camps prior to attending. Our Camp schedule will be posted to the Team Snap calendars once our race schedules have been confirmed by Alberta Alpine. Racers can commit and pay for a camp through TeamSnap up to two weeks prior to the date of the race/camp. After the cut off date no further payments or new sign ups will be accepted. Only racers who have signed up and paid for the camp in advance will be able to attend. Refunds through Tea Snap will be available up to the cut off date two weeks in advance of the event. Please note that our standard refund policy will not apply to any covid related cancellations, as it relates to AHS guidelines at the time.

CAMP FEES

RHSC will continue to use our standardized Camp Fee structure for the 2023/24 season. This Standardized Fee system allows parents to sign up for camps knowing in advance how much it will cost. Our goal is to encourage our racers to participate in this excellent opportunity for training outside our home hill.

These standardized fees apply to all camps held in Edmonton, the Bow Valley and Jasper. All camps held out of province will be subject to charges based on the cost of the event and will be detailed at the time of registration.

Please find the Standardized Fee Structure below:

Camp Fees				
Age group	Coaching Fee 1 Day	Coaching Fee 2 Day	Coaching Fee 3 Day	Coaching Fee 4 Day
U6	\$75	\$150	\$225	\$300
U8	\$75	\$150	\$225	\$300
U10	\$75	\$150	\$225	\$300
<p><i>*Camps- Lift Tickets, Accommodations, Food and Travel not included</i></p> <p><i>* Standardized Fees are for Camps located in Jasper or the Bow Valley, camps outside of Alberta may be charged on a cost plus basis</i></p> <p><i>*Please note that JJO's pricing structure will include a 1 day camp fee and two day race fees, tbd.</i></p>				

RACES

Race days at the Nancy Greene level are meant to be fun. Athletes learn more about the sport of ski racing in an enjoyable and playful environment that promotes self-discovery. You can expect your athlete to have a full day on snow learning the ins and outs of the busy race day schedule. Please refer to the Parent Guide and Parent Zoom Meeting for more details on what to expect on race day.

NEW RACERS

Anyone new to the club without previous ski racing experience will be eligible for all races. For the one mountain race of the season, Jasper Junior Olympics, it is recommended that athletes first attend a mountain camp to make sure the athlete is comfortable with the more challenging terrain and larger lifts. We ask that you speak with your athletes coach prior to registering for the Jasper Junior Olympics event to ensure that the athlete is going to have a positive experience at the race. More details to follow during the Parent Zoom Meeting in early October.

PAY AS YOU PARTICIPATE RACES

Racers will be required to pay for their fees for races prior to attending. Races will be posted to TeamSnap calendars once our race schedules have been confirmed by Alberta Alpine. Racers can commit and pay for a race through TeamSnap up to two weeks prior to the date of the race. After the cut off date no further payments or new sign ups will be accepted. Only racers who have signed up and paid for the race in advance will be able to attend. Refunds through TeamSnap will be available up to the cut off date two weeks in advance of the event. Please note that our standard refund policy will not apply to any covid related cancellations, as it relates to AHS guidelines at the time.

RACE FEES

RHSC will continue to use our standardized Coaching Fee structure for the 2023/24 season. Lift ticket pricing varies by resort location, and race fees vary depending on the hosting club. Once the Race Organizing Committee (ROC) has published their Race Notice, Coordinators will communicate race fees and race sign up links/deadlines to parents through TeamSnap.

Local Race Fee Example				
Age group	Coaching Fee	Lift Ticket**	Race Fee**	Total Cost
U6	\$25	\$	\$	\$
U8	\$25	\$	\$	\$
U10	\$25	\$	\$	\$

**Edmonton area races hosted on Saturdays will not incur a coaching fee, in lieu of training fees.*
**Not all Race Fees or Lift Passes for local races are the same, sliding scale.*

SKI CROSS

Within the Nancy Greene Program the discipline of Ski Cross is a great way to start working on speed elements and becoming comfortable with different terrain (ie.bumps jumps and larger turns) while being on a course with multiple athletes. Ski Cross is not a separate program with RHSC but will be offered as an additional opportunity for athletes to broaden their athletic literacy within our sport. Training and races for Ski Cross events are offered on a pay per play basis throughout the season. Please note that club attendance at the above events is dependent on a sufficient number of racers signing up.

SX Training Fees		
Age group	Coaching Fee	Lift Tickets* (Sunridge)
U8	\$25	
U10	\$25	

*Sunridge is currently the only local hill that has a Ski Cross Track, we may plan additional, pay as you go training sessions on the track if possible during the 2023/24 season. Please note lift ticket prices subject to change
 ** U6 not eligible for SX training

FINANCIAL ASSISTANCE – THE PON SKIERS FOR LIFE PROGRAM

With the generous sponsorship of the **PON family** and **Rabbit Hill Snow Resort**, Rabbit Hill Ski Club is excited to offer a financial assistance program: PON Skiers for LIFE: making ski racing affordable for all families.

PON Skiers for LIFE eligible racers will be eligible for the following program support:

- 50% off Program Fees (3 hour Saturday only programming)
- RH Ski Club Family Membership Fees will be waived
- Cost associated with the Mandatory fundraiser will be waived
- Free admittance to the Lauberhorn home race
- Free family Season Pass for four provided by **RABBIT HILL SNOW RESORT**
- One (1) free voucher for a child’s dental cleaning and check up provided by **PON DENTAL**
- Free ski equipment (subject to availability through donations from our families within the RH Ski Club) including skis, ski boots, helmet and poles *This is not guaranteed - you may need to outfit your own racer with recommendations from Rabbit Hill Ski Club for purchasing used equipment throughout the City.

PON Skiers FOR LIFE Program				
Age Category	Full Program Racer Fees	PON Program Racer Fees	Available Financial Support*	Approximate Total Fees Payable*
U6: 4-5 Year Olds	\$510	\$255	\$255	\$0
U10: 6-9 Year Olds	\$710	\$355	\$300	\$55

U12: 10-11 Year Olds	\$710	\$355	\$300	\$55
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**Financial support through Jumpstart (up to \$300) and/or Kidsport (\$125-\$250 depending on registered address) is the sole responsibility of the family. Confirmation of acceptance of financial support must be received prior to start on snow.*

<https://jumpstart.canadiantire.ca/>

<http://www.kidsportcanada.ca/>

EXPECTATIONS OF RACERS RECEIVING PROGRAM ASSISTANCE

- Attend each Saturday lesson
- Outfit your racers with a winter jacket, snow pants, winter gloves, skis, boots, helmet and poles.

Not Included: Participation in optional camps, races or additional training. Any additional cost associated with participation in optional programming is the sole responsibility of the racer.

ELIGIBILITY

Applications are open to all 4 – 9 year olds interested in Ski Racing

This program is an income based subsidy available to families who meet one of the following qualifiers on an annual basis and provide the program with confirmation of qualification:

- JumpStart accepted application for 2023
- KidSport accepted application for 2023
- Receipt of the City of Edmonton Leisure Access & Ride Transit Programs in 2023
- Receipt of the YMCA of Northern Alberta Opportunity Fund 2023

PROGRAM LIMITATIONS

- TWO (2) racers accepted per age group up to a maximum of ten (10) racers per year
- All ski equipment loaned to the racer for the season must be returned at the end of the season to help benefit another family next year.
- Each year a racer must show proof of eligibility with an accepted application letter from eligible support programs.

Apply by contacting RHSC.Registrar@gmail.com

Include in the email:

- **Family Name, Racers name and Date of Birth**
- **Proof of qualification or confirmation of application to any of the qualifying programs**

VOLUNTEER COMMITMENT

Ski racing is a season-long commitment for both athletes and their families. While it is not always possible to attend every single training day race or camp, we are a non-profit, volunteer-run organization and as such require a certain level of volunteerism to ensure a successful season.

We encourage all parents to participate in the Level 1 Officials course (more details to come), which will allow them to fulfill volunteer requirements during our home-hosted Lauberhorn race as well as at the Jasper Junior Olympics.

Please note that there are many positions to be filled, and many do not require skis. More information will be communicated out as our Race Organizing Committees (ROC) begin planning these events.

Families will be required to pay a \$250 volunteer obligation bond at registration or have the option to opt out before the first day of dryland or first day on snow, whichever is first for their athlete(s). Families have the option to submit a \$250 cheque instead of pay during registration, however their athletes will not be allowed to participate until the cheque has been provided.

The \$250 bond will be reimbursed at the end of the season if the family has completed their volunteer requirements as follows:

1. ONE casino shift and ONE Volunteer Shift (as defined below)
or,
2. ONE Race Organizing Committee (Requires Level 2 Officials course)
or,
3. TWO Volunteer Shifts (as defined below).
or,
4. Pay out your Volunteer Commitment: indicate at the time of registration that you would like RHSC to keep your pre paid \$250 volunteer obligation bond, thus relieving yourself of all obligations for the season.

Qualifying volunteer positions are:

- TWO half day chairlift shifts at camps or races, to be completed away from home hill, are equivalent to 1 volunteer position,
- 1 full day race volunteer position at either the Rabbit Hill Open, Rabbit Hill Regional Race or Lauberhorn Race is equivalent to 1 volunteer position.

Any questions related to volunteer commitments can be directed to Adina White at RHSC.executive@gmail.com.

FUNDRAISING

Our fundraising efforts include a combination of volunteering for casinos, grant applications & racer/family driven fundraising initiatives in order to support the best programs for our children.

RABBIT REVIVAL

The Rabbit Revival is back! After a 3 year absence, RHSC will be hosting the Rabbit Revival. The Revival is an off-site, licensed, fall party (adults only). Each family is required to purchase tickets for \$100 at the time of registration and is encouraged to purchase additional tickets by inviting friends and family to help raise funds towards coaching and programming for our club and the racers. It is a great way for new parents to meet other parents as well as reconnect before the ski season begins. The Revival also includes a silent auction portion of the evening with donated prizes. Proceeds of the auction will also raise funds for the programs. More details will be provided as they are finalized.

CASINOS

Casinos are scheduled every two years. RHSC has a casino scheduled for September 8 and 9, 2023. RH Ski Team has a casino scheduled for 2024/2025 season and RHSC families who volunteer for that casino will receive credit towards their commitments.

FALL RAFFLE

The Fall Raffle will be hosted by RH Ski Team this year. Details will follow and tickets can be purchased through a RH Ski Team Family.

ONLINE 50/50 DRAW

A 50/50 Online draw will be organized later in the season. Details will be sent out closer to the draw.

RHSC TEAM APPAREL

Our Rabbit-branded apparel is worn with pride by athletes, parents and coaches alike! Please look for product launch and new item details this fall.

Please note that we do not hold an inventory of branded Rabbit Items. We take online orders through our website and then place an order with our supplier. Turnaround times can be tricky with today's shipping challenges, but orders take anywhere from 3-6 weeks from the cut off date stated on our online store.

TEAM JACKETS

Jackets are ordered directly from our supplier Helly Hansen in February for the following year. While this year's order has already been placed, there will be opportunities to purchase used team jackets directly from returning families, and occasionally we may have extra jackets for sale.

****NEW** - REGISTRATION PROCESS**

Registration will open on August 21 for returning families and the link will be published on our website and social media on August 28 at 9 am for new families.

Registration this year will be done in two parts: Alberta Alpine registration in RAMP for your athlete and ALL parents, and then Rabbit Hill Ski Club Registration in Team Snap for your athletes.

Alberta Alpine/RAMP Registration:

It is mandatory that **all parents and racers register in order to be covered for insurance purposes**. This means that you will fill out the registration form for your athlete as well as all guardians. You must also sign the electronic waiver for your entire family and review some of the club policies as part of the registration process. No registrations will be processed if waivers are not signed.

Racers will not be allowed to participate in the program if they are not registered with Alberta Alpine.

All family and athlete registrations must be filled out online. A link will be emailed to each returning family. It is important this link is not shared with new families in order to allow our returning families the opportunity to register before the program fills up. For new families, the link to our online registration forms will be found on our website www.rabbithillalpine.com.

To Register

This year athletes will register for RHSC directly through TeamSnap. The process will look similar to camp and race registration. Athletes and Families will need to go to Alberta Alpine to register in RAMP also.

Payment options are:

1. Payment in full through TeamSnap/RAMP at the time of registration, or
2. Payment in full directly to the club by Email Money Transfer (see below), or
3. Two Payments payable by Email Money Transfer
 - a. October 1, 2023 - ½ program fee
 - b. November 1, 2023 - ½ program fee.

<p>Mail your cheques to: Rabbit Hill Ski Club c/o Registrar RH Ski Club P.O. Box 66029 Edmonton, AB T6J 6T2</p>	<p>Email Money Transfer to our Treasurer, Aaron Oligny RHSC.payments@gmail.com Password: Rabbit</p> <p>*Please include your family name and racers name as additional information in the notes</p>
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**If mailing cheques, you must include a copy of your registration receipt from RAMP with all payments and commitment cheques so we can cross reference your registration with the online system.

For any registration questions please contact the RHSC Registrar, Ke Zhao, at rhsc.registrar@gmail.com

OUTSTANDING FEES

All prior season financial commitments are due by September 15th to participate in dryland activities or by November 1st to start the 2023/2024 season.

REFUND POLICY

Should you find that ski racing is not for your athlete, we provide the following refund guidelines:

- Coaching fees will be prorata based on training days left in the season, regardless of individual athlete attendance.
- No refund of RHSC or Alberta Alpine family memberships.

Cancellation of Camp or Race registration fees are possible up to two weeks ahead of the event date.

Thank you for sticking with us through the program guide! We are looking forward to a successful race season thanks to your support and volunteerism, and your athlete's enthusiasm for this sport.