

# SLNC Skill Development Programs (SDP) 2009-2010

Please contact program coordinator, [Darren Derochie](#), if you have any questions.

**Start Date for all On-Snow SDP Programs (except Bunnies) is December 5<sup>th</sup>  
Please be at the Lodge to sign in and receive your program materials 9:30- 10:00**

Program	Session Day, Time and Dates
<p><b>Bunnies</b> \$45 age 3-5 9 sessions ...</p>	<p><b>Saturdays 10:45am – 11:45am Jan 2 - Mar 6</b></p> <p>Special events included in this program, cost included:            Jan 23 Bunny Festival            Mar 6 SLNC mini-Loppet</p>
<p><b>Special Rabbits</b> \$ all ages 13 sessions ...</p>	<p><b>Saturdays 10:30am – 12:00noon Dec 5 – Mar 6</b> no sessions: Dec 22, 26,</p> <p>Special events included in this program, cost included:            Jan 9 BC Cup #1, Kelowna            Feb 7 SLNC Tips Up Cup            Feb 13 SLNC Ski Tournament            Feb 20 SLNC Evening Ski Party            Mar 6 SLNC mini-Loppet</p>
<p><b>Jackrabbits I Hop</b> \$ age 6–7 13 sessions ...</p>	<p><b>** Xmas Kid’s Camps available Dec 21,22,23 (see “Programs”)</b></p>
<p><b>Jackrabbits Two Hop</b> \$ age 8-9* Dry-land 13 sessions On Snow 25 session ...</p>	<p><b><u>Dry-land</u></b>  <b>Tuesdays 5:30-6:45pm</b>  <b>Sept 1- Oct 20</b> Silverstar Elementary School  <b>Oct 27 – Nov24</b> Priest Valley Gymnasium (Vernon Rec Centre)</p> <p><b><u>On Snow</u></b>  <b>Tuesdays 6:00-7:15pm Saturdays 10:30-12noon</b>  <b>Dec 5 – Mar 6</b>            no sessions: Dec 22, 26, 29</p> <p>Special events included in this program, cost included:            Jan 9 BC Cup #1, Kelowna**            Feb 7 SLNC Tips Up Cup            Feb 13 SLNC Ski Tournament            Feb 20 SLNC Evening Ski Party            Mar 6 SLNC Loppet</p> <p><b>Xmas Kid’s Camps available Dec 21,22,23 (see “Programs”)</b></p>

## Track Attack

\$85 age 10-13\*

Dry-land 13 sessions  
On Snow 25 sessions

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## Teens on Skis

\$85 age 14-17

Dry-land 13 sessions  
On Snow 25 sessions

Had a blast in Track Attack? Want to keep improving your skiing but not interested in racing? Grab your skis and join in the adventures! The focus is fun on your skis with some friends 😊

## Junior Leader

age 14-17

Dry-land 13 sessions  
On Snow 25 sessions

Opportunity to shadow experienced coaches, see hands-on how much fun coaching can be, and continue to improve your skiing skills. Coaching certification courses are available, at no charge, for leaders 16yr+.

### Dry-land

**Tuesdays 5:30-6:45pm**

**Sept 1- Oct 20** Silverstar Elementary School

**Oct 27 – Nov24** Priest Valley Gymnasium (Vernon Rec Centre)

### On Snow

**Tuesdays 6:00-7:15pm Saturdays 10:30-12noon**

**Dec 5 – Mar 6**

\*no sessions: Dec 22, 26, 29, 31

Special events included in this program:

- Jan 9 BC Cup #1, Kelowna\*\*
- Feb 7 SLNC Tips Up Cup
- Feb 13 SLNC Ski Tournament
- Feb 20 SLNC Evening Ski Party
- Mar 6 SLNC Loppet
- Mar 6 BC Midget Champs, Salmon Arm\*\*

**Xmas Kid's Camps available Dec21,22,23** (see "Programs")

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- Feb 7 SLNC Tips Up Cup←
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### On Snow

**Tuesdays 6:00-7:15pm Saturdays 10:30-12noon**

**Dec 5 – Mar 6**

no sessions: Dec 22, 26

Special events included in this program:

Join in on any or all of the special events listed for above programs\*\*

\* Age is suggested only. Skiers may ski "up" a program, dependant on skiing skills, at Head Coach's discretion

\*\* Travel and accommodation costs (if applicable) are not included and are the responsibility of participants