



Wildcat Racing & Development Program

OBJECTIVE:

WCRDP is designed to help develop a solid foundation for adults who would like to further their skill within a structured race emphasis program. The participants will be coached by certified USSA/PSIA instructors within a 5 week progressive program. The program is based on the USSA, Skills Development Pyramid along with the USSA, Alpine Training System. These components will address Technical and Tactical Skill Development.

TIME:

Each session will be 4 hours long with a lunch break. Each session will go from 10-2. Coaches will be available from 9-3 during these sessions - Groups are going to be 8-10 with 3 coaches per session. If the group is over 10 we will add another coach.

SEASONAL LESSON PACKAGE:

5 lesson seasonal package (Friday) without the ticket \$300 until November 11th, 2017 then \$350
Drop in rate for each session will be \$75, drop in has to be booked within 48 hours of lesson
The expected dates for these lessons along with the topic of the day are listed below

January 4th: Early Season Drills, Technique, Movement Analysis
January 25th: a.m. Coaches Drills / p.m. Technique in Gates
February 15th: a.m. Coaches Drills / p.m. Technique in Gates
February 23rd: a.m. Coaches Drills / p.m. Technique in Gates
March 1st: a.m. Coaches Drills / p.m. Technique in Gates

BENEFITS:

USSA / PSIA certified instructors
3 to 1 coaching
Filming and film analyzing by coaches
Direct to lift during the day of the program
Introduction happy hour with a demo from SWIX wax

CONTACT INFO:

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skiwildcat.com



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