

# CANADIAN ROCKIES SKI ACADEMY 2023/24

THE ONLY SKI ACADEMY IN THE CANADIAN ROCKIES!



inspiring hearts  minds

  
CANADIAN ROCKIES  
Public Schools



# INFORMATION

## Full Year Program

November 2023 - April 2024

## One Semester Program

November 2023 - January 2024 (Fall)

February 2024 - April 2024 (Spring)

- Ski Academy runs on alternating Saturdays/Sundays & Fridays/Saturdays @ 10:30am - 4:00pm

## Rates

Full year rate      \$10,500 CAD

Semester rate      \$6,500 CAD

- Only students enrolled in Canadian Rockies Public Schools International Student Program are eligible to apply.
- Ski Academy is an optional program and the above rates are additional to the international student fees.

## Cancellation Policy

Registration for Ski Academy is non refundable. Lake Louise CSIA coaches are hired on contract prior to the season starting. It may be possible to register for one semester (\$6,500) and extend (\$4,250) based on participants before the end of December. Late extensions cannot be guaranteed as staffing is determined by Lake Louise quite far in advance.







# WHAT IS INCLUDED?

- Full year: 52 lessons (260 hours of instruction)
- One semester: 26 lessons (130 hours of instruction)
- Lake Louise Ski Resort season pass
- Shuttle bus service to/from the ski resort
- A locker at the ski resort
- Ski Academy team jacket
- Instructors have achieved the CSIA or CASI level 3 teaching as a minimum standard. All instructors are able to teach all over the vast terrain Lake Louise has to offer.

Add-on Option: CSIA (Canadian Ski Instructors' Alliance) Level 1 Certification Course (See page 5 for more information).







# WHAT ARE THE GOALS OF THE PROGRAM?

- Take your slope skills to the next level
- Get strong and confident in an all mountain environment
- Have an amazing time with new friends
- Build some important life skills
- We're all about team work to make the dream work!
- Experience the beauty of Canada's world class Rocky Mountains



## Equipment Recommendation

1. Versatile all-mountain skis for varied snow conditions and terrain.
2. Properly fitting boots for comfort and safety to prevent frostbite on very cold days (our temperatures fluctuate greatly throughout the season).
3. Adequate technical clothing (base layers, mid layers and outer layer) for comfort and versatility in changing conditions. Heated socks may also be a great investment for some participants.
4. Local quality ski shops are available to purchase appropriate equipment and clothing for skiing in the Rockies.
5. If purchasing equipment: let staff know that you will be skiing 55+ days at Lake Louise both on and off piste\*

### \*Off piste

Off piste means skiing on natural terrain that is not groomed by a snow machine. Our Ski Academy takes place within the managed ski area and CRPS students will not travel outside the Lake Louise Ski Resort boundary. All skiable terrain inside the ski resort boundary is closely managed by snow safety teams or marked permanently closed. Risk mitigation is much higher than traditional European off piste skiing.



# CSIA LEVEL 1

## ADD-ON OPTION:



Do you dream of a skiing career?

Are you interested in earning money while teaching?

Expand your knowledge from what you have learned in the Ski Academy, consider adding the CSIA Level 1 Certification at Lake Louise!

This three day course is open to Ski Academy participants with an interest in learning how to teach. The Level 1 Certification explores skiing technique and teaching methods on beginner to intermediate terrain.

## Description

The CSIA Level 1 Course is designed to introduce and develop the basic skills for teaching new skiers of all ages with a focus on teaching children. Time will be spent exploring:

- Collaborative Teaching Approaches and Lesson Planning
- CSIA Technical Concepts
- Ski Improvement
- Guest Service and Communication Skills
- How to teach safely in the age of COVID-19

Candidates will receive coaching on their skiing, as well as feedback on their teaching skills, with the goal of reaching the Level 1 standard in both of these areas. They will also receive suggestions and strategies for long-term development. The successful candidate is certified to teach first-time skiers through intermediate level students.

**\*Cost:** This optional program is approx. \$500. You can sign up for this course at <https://www.snowpro.com/en/certification-en/search-and-register>

Please make sure to check with your instructor if you wish to explore this option.





# FREQUENTLY ASKED QUESTIONS



## ***How will participating in the Ski Academy improve my level?***

As a student, you will have access to great mentors that have many years of experience. They will challenge you in different environments so you can learn your limits and progress beyond them. Having between 26-52 days on snow will give lots of opportunity to explore your current skill set and learn new motor patterns.

## ***I want to learn how to ski on powder snow. Will I have the chance to do a lot of this?***

Yes, as the season progresses there will be many opportunities. From mid January, conditions usually start to trend towards more powder (soft snow) skiing than groomed skiing. There will be a mix of conditions from this time to the end of the season.

## ***My goal is to learn how to jump, do cool tricks and everything related to freestyle skiing. Can I do this in this program?***

The instructors will have training in basic terrain park skills and safety; these skills are definitely a necessity for all mountain skiing. The program is not a park focused experience and will not support inverted, high risk tricks.

## ***How do you teach the different levels in the group?***

When working towards skill development, exercises are often on easy terrain because the performance is the difficult part. Each individual in the group will be challenged at his/her own level to excel as much as possible.

## ***I'm a ski racer in my home country and have a lot of experience on skis. What might I learn? How will Ski Academy benefit me in the future?***

The instructors will have training in carving and outcome-based skiing. Racing skills are definitely an asset to develop an effective all mountain skiing technique; however, this program is not a race targeted experience. The Ski Academy focuses on developing beyond your current skills. On occasion, gates can be used and incorporated into a training day.

## ***What is the minimum level of skiing ability to participate?***

Participants should be confident on intermediate terrain to allow the group to work and move together regardless of skill.

# FREQUENTLY ASKED QUESTIONS (cont'd)

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## ***What equipment do I need to bring with me or purchase?***

It is recommended that you have all mountain skis, comfortable ski boots, thick insulated jacket and ski pants, mittens, and of course poles, goggles, and helmet.

## ***Which ski resort is the Ski Academy held at? How do I get there?***

The Ski Academy is held at the Lake Louise Ski Resort. From Canmore, you can take Roam Transit #3 Bus to Banff which is about 30 minutes. In Banff, you will take the shuttle bus from a local hotel to the ski resort.

## ***How many runs does the Lake Louise Ski Resort have?***

160 runs plus back bowls with the longest run at 8 km, for a total of 17 sq. km of varied terrain.

## ***Can I ski on any runs immediately as I am an experienced skier?***

Each fall Lake Louise Ski Resort is one of the first areas in North America to open for skiing. As snowfall increases, more terrain will open for riding. Typically, 90% of terrain is available by mid December. Spring skiing conditions begin around April and the warm conditions start to lend themselves to some great afternoon terrain park laps through April and May.

## ***Do I need to bring avalanche safety equipment for skiing off-piste?***

No. All riding is done inside the ski area boundary and there is no requirement to have special equipment. The terrain is managed by the Lake Louise snow safety team.

## ***I own many different types of skis, should I bring them all?***

Having an option is great but one set is sufficient. A pair of skis that are between 72mm and 90mm waist width is recommended for all terrain riding.

## ***If I can only bring one type of ski, which skis should I bring with me?***

An all mountain ski between 72mm and 90mm waist width is good for all conditions and terrains. Twin tip is not necessary.

## ***Who provides lunch?***

You will need to bring lunch with you to each lesson. This is the most convenient for you as you can be anywhere on the slopes when it is lunchtime!

## ***Does this program include a SkiBig3 pass?***

No. You will receive a Lake Louise season pass as a participant of this program. Ski passes for Norquay and Sunshine are not included and must be purchased separately.

## ***What does a typical day look like for Ski Academy participants?***

- Start with a good breakfast to fuel your day and keep warm
- Hop on the bus and catch up on a nap or some homework on the way
- Arrive at the ski resort and head to your locker to get dressed and prepare for the weather
- Meet your instructor at 10:30am for some warm up exercises. Start to work towards some short-term goals and create a team learning environment
- Break for lunch around 12:30pm or 13:00pm
- Return to snow to link some of the morning learning to your long term goals and experiment with different terrains
- Finish the day around 3:50pm with a recap and discussion
- Get changed and have a snack before catching the bus back to Banff/Canmore



