

# North Toronto Collegiate Snowsports General Information Sheet 2006

The NTCI **Alpine Ski Team / Snowboard Team** welcomes any student who can parallel ski or snowboard and will fully participate in all aspects of the ski team training and preparation:

## Team Training:

- On hill training at North York Ski Centre (Earl Bales Park) on (date TBA) from 3 to 5 pm.
- At each level - 1 team of girls and 1 of boys - consisting of 3 to 5 racers.
- **Weight Room:**
  - In order to be eligible, a skier must also attend at least two (2) workouts per week in the weight room. The training schedule is TBA.
  - You must be changed and ready to go by 8:20 or lose the chance to train. .
  - *In case of illness, exceptions may be made upon consultation with the coaches.*

**Coaches:** Mr. Kinoshita, Mrs. Laszlo

	<b>Snowboard</b>	<b>Skiing Level I or II</b>
<b>Eligibility:</b>	See playing regs	See Regs and Appendix A
<b>Dry Land Training</b>	<b>Weight Room</b> twice a week	
<b>On Hill Training</b>	North York Ski Centre, Earl Bales Park January ?? - 3:00 pm to 5:00 pm	
<b>Races</b>	<p><b>Wednesday, January 11, 2006</b> Mt St. Louis - depart 7:00 NTCI - be there at 6:45</p> <p><b>Wednesday, February 8, 2006</b> Mt St. Louis - depart NTCI @ 7:00</p>	
<b>City Championships</b>	<p><b>Thursday, February 16, 2005</b> Blue Mountain - depart NTCI @ 6:30 !</p>	
<b>Cost</b>	approximately \$60 per race + \$25 training = \$205	
<p>Costs cover transportation, hill space, training, and lift tickets Return money (payable to North Toronto C.I.) and forms to M. Kinoshita - rm L17 (A minimum deposit of \$60 is required) <b>By noon - Wednesday, December 21, 2005</b></p> <p><b>** Skiers who withdraw after making a monetary commitment ** will forfeit transportation and gate setting fees (2/3).</b></p>		

The small print: This is a rough estimate based on 35 skiers/snowboarders. Costs have NOT been announced. If fewer racers commit, then the costs will increase. If we can share a bus, costs will decrease.

- We are required to stress the importance of equipment being in good working order. In particular, bindings must meet current approved guidelines and be in working order, set to the proper tension, and be compatible with the boots.
- Helmets are **required** for racing. A **personally owned** helmet is strongly recommended for all skiers and snowboarders.