



Laurentian College Alpine Ski Program

U12 & U14

Program objectives and mission:

- Coaching the U12 / U14s during the school year with a flexible schedule to benefit from the advantages of the mountain and thus increase the volume / quality of training on snow.
- Allow local residents of Mont-Tremblant to take advantage of the proximity between the mountain and the school
- Take advantage of the support offered by Laurentian College in order to maintain high academic standards while respecting the school attendance requirements requested by the Ministry of Education.
- Benefit from a training structure focused on long-term development planning (2-4 years)
- To be eligible
 - Be a full-time student enrolled at Laurentian College.
 - Maintain an academic average deemed acceptable and consistent with the student's achievement of full potential
- Be a member of the Mont-Tremblant Ski Club
- selection process:
 - Maximum of 10 to 12 participants
 - Priority is given to Laurentian College student athletes
 - Remaining spots may be filled by athletes who have not registered at Laurentian College. Priority is determined according to the following order:
 1. U12 1st year

2. U12 2nd year
 3. U14 1st year
 4. U14 2nd Year
- The student athlete will have to demonstrate:
 - A high level of commitment to alpine ski racing
 - Achievement of standards during physical tests at the Mont-Tremblant ski club.
 - A high level of physical fitness in order to be able to optimize the amount of training on snow.
 - Remarkable skills on and off snow
 - The desire to improve and a good work ethic

The advantages of the program;

- Volume:
 - Take advantage of the support offered by **Laurentien College** and the season offered by **Mont-Tremblant** to allow students to ski more than 100 days annually in Quebec
 - Reduce costs by avoiding out-of-country training camps.
 - Free up the rest of the year for practicing multiple sports and developing other aspects of children's motor skills.
- Quality:
 - Increase the quality of training by skiing as often as possible during the week
 - Less traffic in free skiing and on the training platforms.
 - The program for the last 2 years has been 3 days during the week and 2 days on weekends.
 - Improve the quality by having the option to change the schedule according to the weather within a short time frame.
 - The planned days are from Saturday to Wednesday except during competition periods. The schedule is always adjusted according to the weather as required.
 - Maximize the number of days on snow during the period when the academic requirements are less demanding, especially at the U10-U12 level.
 - Maximize training during a period in which improvement in motor development is favorable.
 - Provide coaching with a ratio of one coach to 6 young people.

Price : TBD

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