



Membership Information

Q & A

2025-2026 Ski Season



Q. What ages of children are on the Ski Race Team?

A. Ages 4–20 with a variety of skiing experience. Skiers should be reasonably independent. Younger athletes are welcome if a parent/guardian is present at training.

Q. Should my child sign up for the Ski Race Team, how good of a skier does my child need to be?

A. YES – Sign up if your child can:

- Ski from the Blue Chair and get on/off without help
- Stop safely and make controlled turns (snowplow or parallel)
- Have fun skiing

NO – Not ready if your child:

- Is not potty trained
- Is very scared of speed

Q. What gear is required?

A. Gear needed:

- Skis, boots, helmet, poles, winter clothing
- Back protector is required for U14 and up and highly recommended for younger athletes
- Team jackets are recommended and are available for rental
- Race skis are not required until athletes are over 11 and racing competitively
- The Club holds an annual gear swap held at the beginning of the season where you can swap equipment, coaches will assist with equipment fitting

Q. What does the season look like?

A. Training Schedule

- Dryland Training: Starts mid-September (fitness, indoor/outdoor activities, hiking)
- On-Snow Training: Starts early December (when Kinosoo Ridge opens)
- Weekly Schedule: Sundays 10am–2pm, and one evening weekly (usually Wednesdays 5–8pm)
- Training Camps: Early December – Banff/Jasper; Early January – Marmot Basin
- All training is optional. Younger athletes usually train for shorter sessions.

Q. Are we affiliated with Kinosoo Ridge Snow Resort?

A. No. Hill use costs the club nothing while it is operating. In return, CLASS provides volunteer support for Kinosoo Ridge events.

Q. What are the Volunteering Requirements?

A. Volunteering is based on a points system. Volunteer opportunities include but are not limited to:

- Volunteering at training sessions, races, and events.
- Assist with fundraising efforts (ski swap, ticket sales, food fundraisers).
- Serve on the executive board
- Coaching

Q. Do athletes have to attend races?

A. No. Families can choose how many or how few races to attend. Coaches may recommend certain races, but attendance is not mandatory.

Q. When does registration open and what are the season fees?

A. Registration will open in September. The 2025/26 Season fees are:

- Alberta Alpine fees (paid directly to Alberta Alpine):
 - U8 (7 and under)- \$184
 - U10 (8 and 9 year olds) - \$225
 - U12 (10 and 11 year olds) - \$232
 - U14-21 (12 years and older) - \$358
 - General Member/Single Parent - \$51
 - General Member Family - \$102
- Club Fees (all athletes) - \$300
- Jacket Rental: \$75 + \$300 deposit (refunded if returned clean/good)
- Volunteer Bond Cheques: 2 × \$100 (refunded once volunteer commitment is completed)

Example: Two athletes including jacket rental (ages 7 & 9) – 2 parent family

- \$511 Athlete and General member fees paid directly to Alberta Alpine by credit card upon registration
- \$750 Club Fees (plus 4 refundable deposit cheques: \$100, \$100, \$300,
- \$300)

Payment Plans:

- Plan A: One lump sum at registration
- Plan B: Two equal payments (Oct 1 & Nov 30)
- Plan C: Three equal payments (Sept 30, Oct 31, Nov 30)

Payments: Cheques payable to C.L.A.S.S. or e-transfer to coldlakeblizzards@gmail.com

Q. What fundraising will we do?

A. Our main fundraiser is our Sled of Cheer Raffle. We also do online sales fundraising (ie Bacon, Perogies and Sausage etc.)

Q. When does dryland training start and what does it include?

A. Dryland training will begin in October and run on Sunday mornings from 10:00am – 12:00pm, primarily at Ardmore School. Alternate locations will be communicated to team members when needed. Activities include fitness training, indoor/outdoor play, and hiking. These sessions are designed to prepare athletes for ski season by building fundamental skills through:

- Balance training
- Cardio training
- Agility training
- Team activities (e.g., dodgeball)

Q. Who can I contact for more information?

- President: Dan Iverson - 639-536-3699
- Head Coach: Ash Hornseth - 587-201-1942
- Treasurer/Registrar: Deb Schieman – 780-207-7210

