

## VANCOUVER ADAPTIVE SNOW SPORTS ORIENTATION CLINIC

### Canadian Association for Disabled Skiing (CADS) Level 1

#### **GROUSE MOUNTAIN, North Vancouver, BC**

**Friday:** Evening session at **John Braithwaite Community Centre – Harbourview Room**

**Jan. 13<sup>th</sup>**

145 West 1st Street, North Vancouver, BC V7M 3N8

6:00 pm – 9:00 pm Indoors

**Saturday:** Meet at base of Grouse Mtn. outside Guest Services at 8:15 am sharp

**Jan. 14<sup>th</sup>**

9:00 am – 12:00 p.m. On snow training

12:00 p.m. – 1:00 p.m. Lunch (not provided)

1:00 p.m. – 4:00 p.m. On snow training

**Sunday:** Meet on top of the mountain at 8:30 am at the VASS equipment room.

**Jan. 15<sup>th</sup>**

We will follow the same on-snow training program as Saturday.

On-snow training consists of 3-track, 4-track, sit-ski, vision impaired, hearing impaired, other disabilities, teaching aids, methodology, and practice training.

**Please note that the Friday session is from 6:00 pm – 9:00 pm is at John Braithwaite Community Centre – Harbourview Room. <http://www.jbcc.ca/about/about-mapdirections.html>**

This is an important weekend orientation and an opportunity to meet your fellow participants. You do not need your ski gear for Friday night.

Saturday and Sunday will take place all day on snow at Grouse Mountain. Please bring your snowboarding or skiing gear.

Participants are required to provide their own ski/snowboard equipment and be prepared for all weather conditions. This clinic must be completed before working in our ski/snowboard programs.

Any questions? E-mail [info@vass.ca](mailto:info@vass.ca) or [amy@vass.ca](mailto:amy@vass.ca). Phone: (604) 646-8277