



Ready to take your skiing or snowboarding to new heights?

Frequently asked questions:

1. What level of skill is required to join?

Our focus is fun and skill development for established skiers and snowboarders from age six to adult. Skiers should be mostly parallel and comfortable with speed on all Glen Eden Terrain (and similar ability for snowboarders). Milton Heights programs are a natural progression from Glen Eden's snow school, especially the Academy programs. We can help with assessing skills and partner with Glen Eden's snow school if development is required.

2. What equipment will I (or my child) need?

Visit the Milton Heights Ski Swap in November for great deals on both used and new equipment.

Development Program – a helmet with hard ears and no equipment mounts (e.g., GoPro), goggles, one pair of junior skis (race skis not required), soft flex ski boots (racing boots not required), recreational ski poles.

Competitive Programs – U8/10 – as above.

U12 and up – athletes generally grow into the sport and acquire equipment as they go. Mandatory hard ear helmet with FIS sticker, goggles, both slalom and GS racing skis, racing ski boots, slalom and GS ski poles, shin/face/pole guards, a racing suit. Mouth guards and back protectors are recommended.

Snowboarding – helmet certified for snow sports with no equipment mounts (e.g., GoPro), soft ears permitted, goggles, intermediate/advanced rider soft board. Mouth guard recommended.

3. What is the cost to join?

Because we are a non-profit, programs are roughly priced for the Club overall to break-even.

PROGRAM:	2020 / 2021		Notes
	Early Bird Opens: Feb 22	Regular Season Opens: May 1	
Family Fee	\$180.00	\$180.00	Plus HST
Ski – Competitive¹			Plus Alpine Ontario fee
U8/10/12/14	\$899.00	\$999.00	
U16/19	\$935.00	\$1,037.00	Plus HST for kids born in 2004 and earlier
Ski – Development			
All Ages	\$599.00	\$659.00	Offered Saturday OR Sunday
Additional Afternoon Training	\$284.00	\$312.00	Saturday only, must be registered in morning
Ski – Adult			
Tuesday Night Training (TNT)	\$349.00	\$399.00	
Snowboard			Plus Snowboard Ontario fee
Development	N/A	\$904.00	
Competitive ¹	N/A	\$1,850.00	

¹ price includes Dryland Training in the fall and Christmas camp (extra cost for lift tickets on two away training days for camp)

- 4. What is the schedule?** (*Schedules depend on weather+snow conditions and subject to change*)
Development Program – Regular season is eight weeks, generally starting the second week of January; your choice of Saturday or Sunday morning from 9 – 12 (or both), with optional additional training from 12:30-2:30 on Saturdays (additional cost).
Competitive and Snowboarding Programs – optional “dryland training” on Sunday mornings from late September – November (no extra cost), optional 3 or 5 day pre-season camp in early December (usually Mt. Tremblant, extra cost), Christmas camp of 5 days, roughly Dec. 27-Jan 2 depending on when holidays fall (with two “away” training days requiring lift ticket). Regular season is eight weeks starting the first week of January; U8/10/12 are Saturdays and Sundays from 8:30-2:30; U14+SBX on Thurs+Sunday and U16/19 on Wed+Sunday (races and events sometimes on Saturday).
- 5. What other benefits come with membership?**
Member families get convenient access to our Clubhouse at Glen Eden to prep for snow, store personal belongings during their day on snow and enjoy our low-priced canteen with snacks, drinks and hot meals. Members also have access to tuning workshops, special offers from sponsors, additional training opportunities and most importantly, friends for life!
- 6. Do I need a lift pass?**
Yes, a valid lift pass from Glen Eden is required. Glen Eden’s Advantage Season Pass offers great value, and the “family” and “early bird” options make it even better value. Visit <https://gleneden.on.ca/ski-and-board/season-pass> for details and to purchase.
- 7. What is the volunteer fee and why is it needed?**
Milton Heights in Southern Ontario’s most affordable alpine racing program. This is because we are a non-profit organization where the majority of activities are performed by parent volunteers. This is a great way to keep costs down, have parents interact with the kids and have fun with other families at the club. The fee ranges from \$150 to \$350 and required hours range from 7 to 22, both depending on how many athletes are registered and for which programs. The Volunteer Fee is only charged in cases where volunteering hours are not completed – it is rare for this fee to be charged since most families have fun getting involved.
- 8. What races will I (or my child) participate in?**
Development Program – two timed races per season, both at Glen Eden.
Competitive Programs – race schedules are determined by Alpine Ontario and published at the start of each winter – each team typically has 4-5 races, hosted at hills across Southern Ontario (within driving distance) – a great way to experience lots of different terrain, including at otherwise “private” clubs (parents can join skiing at most places, lift ticket purchase required).
Snowboarding – race schedules are determined by Snowboard Ontario and published at the start of each winter – there are typically 4 races, which are 3-day events, hosted across Southern Ontario.
TNT for Adults – two races per season at Glen Eden. Alpine Ontario also offers Masters racing.
- 9. Are Milton Heights Coaches certified?**
Yes. Milton Heights Coaches are employed by Glen Eden and contracted to Milton Heights. All have achieved certification through the Canadian Ski Instructors Alliance (CSIA) and most are accredited by the Canadian Ski Coaches Federation (CSCF) (or equivalents for snowboarding).
- 10. How do I (or my child) become an instructor / racing coach?**
Milton Heights and Glen Eden partner to offer a pathway for our young athletes to become snow school instructors and racing coaches. At age 13 as a Volunteer and age 14 as an Apprentice, our athletes can begin to develop the skills and experience required. We will help our athletes learn about Canadian Ski Instructors Association and Canadian Ski Coaches accreditation requirements.