

2015-16 Program Name		Learn to Train	Train to Train 1	Train to Train 2	Train to Train PARA	Train to Compete 1	Train to Compete 2	Performance Training Group FULL	Performance Training Group VIRTUAL
		L2T	T2T 1	T2T 2	T2T P	T2C 1	T2C 2	PTG - FULL	PTG - VIRTUAL
PROGRAM OVERVIEW	Total Program Days	16	32	60	45	80	120	15	4
	Approx Annual Start Date	27-Dec	01-Dec	01-Dec	01-Nov	01-Nov	15-May	15-May	15-May
	Approx Annual End Date	01-Mar	01-Mar	01-Apr	01-Apr	01-Apr	01-Apr	01-Nov	01-Nov
	Home Base	Collingwood, ON	Collingwood, ON & Laurentians, QC	Collingwood, ON	Collingwood, ON	Collingwood, ON	Collingwood, ON	S. Ont	S. Ont
	CAMP & COMPETITION RANGE (TRAVEL HRS FROM GTA)	LOCAL (2-3 HRS, BY CAR)	PROVINCIAL (8-10 HRS, BY CAR)	CANADA & EASTERN N.AMERICA (1 DAY, BY CAR/AIR)	CANADA & EASTERN N.AMERICA (1 DAY, BY CAR/AIR)	N. AMERICA (1 DAY, BY CAR/AIR)	INTERNATIONAL (+1 DAY)	HOME (-1 HR)	HOME (-1 HR)
	Competition Level/Events attended:	Riders Events, InterClub, Select Provincial Series	Provincial Series, FIS Events (with Coach Recommendation)	Provincial Series, FIS Events (Eastern Can/US), Select NorAM Events	Provincial Series, FIS Events (Eastern Can/US), Select DAR & WC Events	Select Prov, Select FIS, Most NAC's, Select Europa & S.A. Cup	Full NorAm Tour, Select Europa Cup, World Cups (with invite)		
Athlete to Coach Ratio	5:1	5:1	5:1	5:1	5:1	5:1	3:1	3:1	
ATHLETE	Recommended Min Age	12 yrs	13 yrs	14 yrs	14 yrs	15 yrs	16 yrs	13 yrs	13 yrs
	Recommended Athlete LTAD Stage:	Learn to Ride, Year 2-3	Train to Train, year 1-2	Train to Train, year 2-3	Train to Train, year 1-3	Train to Compete, year 1-2	Train to Compete, year 2-3	Train to Train, Train to Compete	Train to Train, Train to Compete
	Recommended Min Riding Experience	2 yrs	3 yrs	4 yrs	3 yrs	5 yrs	6 yrs		
INCLUDED CAMPS (*recommended add on for athletes in second year of program)	Chile (25 Days) Aug			ADD-ON*	ADD-ON*	ADD-ON*	YES		
	Yukon (15 Days) Nov			ADD-ON*	ADD-ON*	YES (7 DAYS)	YES		
	Quebec (7 Days) Dec		ADD-ON*	YES	YES	YES	YES		
	X-Mas (4 Days) Dec	YES	YES	YES	YES	YES	YES		
	March Break (5 Days) Mar	ADD-ON	YES	YES	YES	YES	YES		
	Can Nationals (6 Days) Apr		ADD-ON*	YES	YES	YES	YES		
	Dryland Camp 1 (4 Days) May						YES	YES	
	Glacier Camp (7 Days) Jun				ADD-ON	ADD-ON	YES		
	Dryland Camp 2 (4 Days) Jul						YES	YES	
	Dryland Camp 3 (4 Days) Sept						YES	YES	
Dryland Camp 4 (4 days) Nov						YES	YES		
INCLUDED SPORT SCIENCE	Riders Online Assessments	YES							
	Athlete Monitoring App		YES	YES	YES	YES	YES	YES	YES
	OMSAT Test and Analysis		YES	YES	YES	YES	YES	YES	YES
	Mental Training		YES, Group	YES	YES	YES	YES	YES	YES
	Nutritional Assessment					YES	YES	YES	YES
	Nutritional Training					YES	YES	YES	YES
	6 Month Dryland Program		YES	YES	YES	YES			
12 Month S&C Program						YES	YES	YES	
COST	EARLY BIRD (+ HST, Before Nov 13)	\$ 659.99	\$ 2,089.99	\$ 3,739.99	\$ 2,699.99	\$ 5,289.99	\$ 7,999.99	\$ 1,699.99	\$ 1,099.99
	Cost/Day (inc HST)	\$ 46.61	\$ 73.80	\$ 70.44	\$ 72.58	\$ 74.68	\$ 75.31	N/A	N/A
	REGULAR PRICE (+ HST, After Nov 13)	\$ 689.99	\$ 2,189.99	\$ 3,839.99	\$ 2,799.99	\$ 5,489.99	\$ 8,359.99	\$ 1,789.99	\$ 1,169.99
	Cost/Day (inc HST)	\$ 50.61	\$ 75.99	\$ 72.35	\$ 74.63	\$ 77.43	\$ 78.79	N/A	N/A