



## Luge Program Pathway

### RECRUITMENT

**Ages 8-14**

**Stage 1** Athletes take part in a Learn to Luge program (Discover Luge or the school program). During these programs camp athletes are familiarized with the sport of luge by either by wheeled luge training or actual on-ice sliding.

### BC Domestic Program Levels

\*Schedules will be sent out ahead of time but are subject to change. Number of sessions based on an average week.

### NOVICE LEARN TO LUGE (Youth C, D, E)

**Ages 8-12**

|   |   |
|---|---|
| <p><b>November to March</b></p> <ul style="list-style-type: none"> <li>• Ages 8-10 years (Youth D &amp; E)</li> <li>• Luge Sliding, Coordination development<br/>Friday/Saturday</li> <li>• Ages 11-12 years (Youth C)</li> <li>• Luge Sliding, Coordination development<br/>Friday/Saturday</li> </ul> | <p><b>1 time per week (\$400)</b></p> <p><b>2 times per week (\$750)</b></p> <p><b>3-4 times per week (\$1000)</b></p>  |
| <p><b>March to November</b></p>   | <p><b>OFF</b></p> <p>Athletes are encouraged to participate in as many other sports as possible to develop overall athletic ability.</p>  |
| <p><b>Competition:</b> Nov. – Mar.</p> <ul style="list-style-type: none"> <li>• BC Cup #1</li> <li>• BC Cup #2</li> <li>• BC Cup #3</li> <li>• Canada Cup (Whistler)</li> <li>• Youth Canadian Championships (Calgary)</li> <li>• BC Provincial Championships</li> </ul>                                | <ul style="list-style-type: none"> <li>• Dec. 16-17, 2016</li> <li>• Jan. 27-28, 2017</li> <li>• Feb. 3-4, 2017</li> <li>• Feb. 18-19, 2017</li> <li>• Feb. 27-March 5, 2017</li> <li>• Mar. 10-11, 2017</li> </ul> |
| <p><b>Travel:</b></p> <ul style="list-style-type: none"> <li>• February 27- March 5, 2017</li> </ul>  | <ul style="list-style-type: none"> <li>• Trip to Calgary – Youth Canadian Championships – Cost TBD</li> </ul>   |



**DEVELOPMENT (Youth B)**

**Ages 13 – 14**

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|--|---|
| <p><b>November to March</b><br/> <b>Full-Time Development Program</b></p> <p><b>Newcomers Development Program</b></p> <ul style="list-style-type: none"> <li>• First year Luge athletes</li> <li>• Luge Sliding</li> <li>• Coordination development</li> </ul>   | <p><b>4-6 times per week (\$2500)</b></p> <p><b>4 times per week (\$1000) – Nov. Start date (no summer training)</b></p> <p><b>2 times per week (\$750) – Nov. Start date (no summer training)</b></p> <p><b>1 time per week (\$400) – Nov. Start date (no summer training)</b></p> |
| <p><b>March to April</b></p>   | <p><b>OFF</b></p>   |
| <p><b>May to October</b></p> <ul style="list-style-type: none"> <li>• Wheeled Luge</li> <li>• Strength Training</li> <li>• Coordination development</li> <li>• Flat Ice training</li> </ul>  | <p><b>Up to 4 times per week</b></p>  |
| <p><b>Competition:</b> Nov. – Mar.</p> <ul style="list-style-type: none"> <li>• NORAM Cup #1 (Lake Placid)</li> <li>• BC Cup #1</li> <li>• NORAM Cup #2 (Calgary)</li> <li>• NORAM Cup #3 / BC Cup #2 (Whistler)</li> <li>• BC Cup #3</li> <li>• Canada Cup (Whistler)</li> <li>• Youth Canadian Championships (Calgary)</li> <li>• BC Provincial Championships</li> </ul> | <ul style="list-style-type: none"> <li>• November 8-19, 2016</li> <li>• Dec. 16-17, 2016</li> <li>• Nov. 8-19, 2016</li> <li>• Jan. 27-28, 2017</li> <li>• Feb. 3-4, 2017</li> <li>• Feb. 18-19, 2017</li> <li>• Feb. 27-March 5, 2017</li> <li>• Mar. 10-11, 2017</li> </ul>       |
| <p><b>Travel:</b></p> <ul style="list-style-type: none"> <li>• November 8-19, 2016</li> <li>• January 8-16, 2017</li> <li>• February 27-March 6, 2017</li> <li>• Additional training camp opportunities available to those selected to the Provincial Team</li> </ul>  | <ul style="list-style-type: none"> <li>• Lake Placid, NY – Training Camp/NORAM Cup #1 – Cost \$2000-\$2500</li> <li>• Training Camp Calgary – cost TBD</li> <li>• Trip to Calgary – Youth Canadian Championships - TBD - (cost dependent on which team they travel with)</li> </ul> |



**OLYMPIC DEVELOPMENT PROGRAM (Youth A/Jr./NextGen Selects)**

Ages 15 & up

**\*Athletes NOT selected to the NextGen Team\***

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|--|--|
| <p><b>October to March</b></p> <ul style="list-style-type: none"> <li>• Luge Sliding</li> <li>• Strength Training</li> <li>• Coordination development</li> </ul>   | <p><b>5 times per week (\$1100)</b></p>  |
| <p><b>March to April</b></p>   | <p><b>Active Rest</b></p>  |
| <p><b>May to October</b></p> <ul style="list-style-type: none"> <li>• Wheeled Luge</li> <li>• Strength Training</li> <li>• Coordination development</li> <li>• Flat Ice Training</li> </ul>  | <p><b>5 days per week (\$2500 – Summer Training)</b></p>   |
| <p><b>Competition:</b> Nov. – Mar.</p> <ul style="list-style-type: none"> <li>• NORAM Cup #1 (Lake Placid)</li> <li>• BC Cup #1</li> <li>• NORAM Cup #2 (Calgary)</li> <li>• NORAM Cup #3 / BC Cup #2 (Whistler)</li> <li>• BC Cup #3</li> <li>• Canada Cup (Whistler)</li> <li>• Youth Canadian Championships (Calgary)</li> <li>• BC Provincial Championships</li> </ul> | <ul style="list-style-type: none"> <li>• November 8-19, 2016</li> <li>• Dec. 16-17, 2016</li> <li>• Nov. 8-19, 2016</li> <li>• Jan. 27-28, 2017</li> <li>• Feb. 3-4, 2017</li> <li>• Feb. 18-19, 2017</li> <li>• Feb. 27-March 5, 2017</li> <li>• Mar. 10-11, 2017</li> </ul>  |
| <p><b>Travel:</b></p> <ul style="list-style-type: none"> <li>• October/November 2015</li> <li>• November 8-19, 2016</li> <li>• January 8-16, 2017</li> <li>• February 27-March 6, 2017</li> <li>• January 18-21, 2016</li> <li>• February 15-21, 2016</li> <li>• Additional training camp opportunities TBC</li> </ul>   | <ul style="list-style-type: none"> <li>• Travel is required between Whistler and Calgary to participate in National Team selection - \$TBC</li> <li>• Lake Placid, NY – Training Camp/NORAM Cup #1 – Cost \$2000-\$2500</li> <li>• Training Camp Calgary – cost TBD</li> <li>• Trip to Calgary – Youth Canadian Championships - TBD – (cost dependent on which team they travel with)</li> </ul> |



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### **CANADIAN JUNIOR NATIONAL and NATIONAL TEAMS**

Athletes must have world-class abilities to be selected to these teams (selection directed by Luge Canada).

### **OLYMPIC TEAM**

Athletes must achieve exceptional International results to qualify for the Olympic Winter Games.



## 2016-2017 Program Fees (Payment Schedule)

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|--|--|
| <b>Novice Learn to Luge (Youth C, D, E):</b>   | Ages 8-12  |
| <ul style="list-style-type: none"> <li>• 8-10 years – 1 session/week</li> <li>• 11-12 years – 2 sessions/week</li> <li>• 11-12 years – 3-4 sessions/week</li> </ul>                            | <p><b>\$400/</b> season<br/>         Payment #1 – October 1, 2016 (\$200)<br/>         Payment #2 – January 1, 2017 (\$200)</p> <p><b>\$750/</b> season<br/>         Payment #1 – October 1, 2016 (\$375)<br/>         Payment #2 – January 1, 2017 (\$375)</p> <p><b>\$1000/</b> season<br/>         Payment #1 – October 1, 2016 (\$500)<br/>         Payment #2 – January 1, 2017 (\$500)</p> |
| <b>Development (Youth A &amp; B):</b>  | Ages 13-14   |
| <ul style="list-style-type: none"> <li>• Full Time Athletes<br/>*Includes summer training</li> <li>• Newcomer – Full-Time<br/>Nov. start date<br/>*does not include summer training</li> </ul> | <p><b>\$2500/</b> season<br/>         Payment #1 – May 1, 2016 (\$833.33)<br/>         Payment #2 – October 1, 2016 (\$833.33)<br/>         Payment #3 – January 1, 2017 (\$833.34)</p> <p><b>\$1000/</b> season (first year sliders only)<br/>         Payment #1 – October 1, 2015 (\$475)<br/>         Payment #2 – January 1, 2016 (\$475)</p>   |
| <b>NextGen (as determined by CLA):</b>   | Ages 15+   |
| <b>Full-Time</b>   | <b>\$3600/</b> season<br>*includes summer training   |
| <b>Canadian Junior National &amp; National Teams</b>   | Determined by Luge Canada  |
| <b>Full-Time</b>   | <b>\$TBC/</b> season   |