

Bumps to Jumps – Introduction To Nordic Jumping For Cross-Country and Biathlon Ski Clubs



Experience the joy of flight on skis. Progress from ski play to jumping on a real 5-10 meter ski jump.

This program introduces participants to Nordic jumping through the use of ski play activities on cross-country skis and hybrid jumping skis. Once everyone is feeling comfortable we will advance to a variety of jumps such as table tops, lateral jumps, roller jumps and Nordic style jumps. Participants will end up comfortably jumping a 5-10 meter snow bump. They will also enhance balance and control on their cross-country skis. ***Covid 19 safety measures will be implemented***

Details:

location: Sport Outreach at your facility or at Whistler Olympic Park

Duration: From 1.5 hrs. to 4 hrs. in length

Who: Track Attack, Biathlon Bears, Adventure Skiers, Devo's
Ages 8-18
Minimum group size: 8
Maximum group size 30

When: Weekend days or weekday evenings

Cost: We provide at no cost

- Coaching
- Facility Preparation
- Hybrid skis/Jumping skis
- Jumping boots
- Helmets (participants may bring their own Snowsports helmet)
- Day membership with Ski Jumping Canada

You provide

- An appropriate location
- Facility access passes for your group (if there is a cost)
- Cross-country skate skis/boots for your group
- it is best to build ski play and jump features using a snowcat. We will pay for 2-4 hours of cat time if a snowcat is available at your facility

More information:

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