



NEWS RELEASE

For Immediate Release

November 7, 2016

Whistler Sliding Centre introduces new Discover Sliding Programs

One-time beginner sessions teach the basics of luge, skeleton and bobsleigh

Whistler, BC: Everybody can learn sliding sports at the Whistler Sliding Centre this winter! Those who want to get a taste of the three sliding sports luge, skeleton and bobsleigh can now sign up for new introductory “Discover” programs, one-time sessions lead by professional coaches. No experience is necessary. The Whistler Sliding Centre developed the concept together with the provincial sliding associations, BC Luge and the BC Bobsleigh and Skeleton Association.

These 2 to 2.5 hour sessions are scheduled on select weekdays and weekends throughout the winter from November 2016 through March 2017. Luge sessions are offered for ages 8-17 (parents are welcome to sign up to participate with their children), skeleton for ages 14+ and bobsleigh for ages 16+. All equipment such as sleds and helmets will be provided (luge participants will need to bring their own CSA certified snow helmet). Prices for the “Discover” session are \$50 for luge (\$40 for full-time BC residents), \$100 for skeleton (\$75/BC residents) and \$150 for bobsleigh (\$100/BC residents). More information and pre-registration is available at www.whistlersportlegacies.com/sportprograms or by phone at 604-964-0040.

Helen Upperton, Olympic silver medalist in women’s bobsleigh and Head Coach and Sport Manager at the Whistler Sliding Centre, is looking forward to introduce new people to these sports: “The ‘Discover’ programs are a great way for participants to see what sliding is all about and what it takes to be an athlete.” Both the BC Luge and the BC Bobsleigh and Skeleton Association offer programs and defined athlete pathways for those that want to progress after their one-time discover session.

Whistler Sliding Centre

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Street: 4910 Glacier Lane, Whistler, BC, Canada V0N 1B4
Web: www.whistlerslidingcentre.com



About the Whistler Sliding Centre

The Whistler Sliding Centre (WSC) is operated by Whistler Sport Legacies, a non-profit organization dedicated to grow sport at three venues: Whistler Olympic Park, the Whistler Sliding Centre, and the Whistler Athletes' Centre. The WSC was the site of the bobsleigh, skeleton and luge competitions for the Vancouver 2010 Olympic Winter Games and today is a training and competition venue for sliding sport athletes of all levels. For more information, visit whistlerslidingcentre.com.

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