

STUDENT SKI PROGRAM

In order to participate in the student program you must have a **student ski ID card**. The card allows students to ski at reduced rates Monday-Friday from 3pm - close (non-holiday). There are also two lessons tickets attached to the ski card for their first two lessons. Additional lesson may be purchased at the ski school desk as needed.

The student ski program consists of seven lessons. Lessons are about 50 minutes long and start on the hour at 5pm, 6pm. (Early in the season and late in the season we may not offer a 5pm lesson if there is little or no demand) If **your group** needs a 4pm or 7pm lesson you must request this at the ski school in advance and we will accommodate you. Please make sure your beginners take their lessons as soon as possible. We reserve the right to require a minimum of 4 students per lesson.

Please remind your parents and students that all levels of lessons are not available at all times. Our lesson schedule is based on group demand.

A student must be at least **7 years old** to participate in the student patch group lesson. The student must be able to follow instructions and stay with the instructor. At the end of the lesson the instructor **does not** bring the student back to a designated area but leaves the student where their lesson ends.

Patches must be sewn on jackets, pants or turtlenecks. Patches may **not** be sewn on hats, gloves or goggles. The entire patch set must be sewn on, not just the highest patch attained. **Patches are purchased at the ski school desk after the lesson.**

At the bottom of each chairlift there are signs designating the patch necessary to board the lift. It is the responsibility of the student to make certain they are on the appropriate hill and riding the correct lift.

In each lesson we review parts of "Your Responsibility Code" and other safety issues, review the previous lesson, teach the new maneuver and grade (except for the beginner lesson).

FIRST LESSON - First time skiers. Introduction to skiing, walking, sliding, riding the rope, stopping. Skiers may ski the beginner area at the end of the lesson. There is no grading and no patch earned for the first lesson. Students may ski Bugs Bunny, Rabbit Ridge and ride the beginner rope tow.

SECOND LESSON - Yellow patch may be earned. Maneuver - wedge turn. Goal - turning on beginner terrain. Students are taught to make turns using a gliding wedge. To earn a patch a student must make a controlled series of linked wedge turns. Yellow patch skier may ski advanced beginner terrain. Students may ride the yellow chair one and ski Grant's Trail.

THIRD LESSON - Brown patch may be earned. Maneuver - wedge christie. Goal - improving the wedge turn, learning to match the skis and control the skid at the end of the turn. The wedge turn will be reviewed, introduce matching and skidding skis and ski at a slightly higher rate of speed. To earn a patch a student must make a series of controlled linked wedge christie turns on intermediate terrain. Brown patch skiers may ski advanced beginner terrain and some intermediate terrain. Students may ride chairs 1-4 and include Woodward & Snowstream.

FOURTH LESSON - Blue patch may be earned. Maneuver - wedge christie II. Goal - match skis early in the turn (above the fall line), active weight transfer, improve skidding for better edging. The wedge christie is reviewed using narrow wedge and we teach active weight transfer and steering to encourage early match and controlled skid. To earn a patch the student must make a series of controlled wedge christie II turns on advanced intermediate terrain. Blue patch skiers

may ski intermediate terrain and some advanced intermediate terrain. Students may ride chairs 1- 5 and include Mozart.

FIFTH LESSON - Red patch may be earned. Maneuver - parallel turns. Goal - start turns with skis parallel, finish turns using angulation and some carve. The wedge christie II is reviewed and we teach the student to steer parallel skis to initiate turns. Finishing the turn with more carve and less skid. Ski poles should be used for balance, as a timing device and to help the flow of movement. Red patch skiers may ski all intermediate terrain and most advanced terrain. Students may ride chairs 1-6 and include Canyon, White Lightening, White out & Mogul Mania.

SIXTH LESSON - White patch may be earned. Maneuver - medium radius parallel turns. Goal - parallel turns with little skidding or chatter and show proper pole use. Parallel turns are reviewed with emphasis on edging and pressuring the skis. The white patch skier may ski the entire area.

SEVENTH LESSON - Black patch may be earned. Maneuver - short radius parallel turns and moguls. Lesson will concentrate on quicker more active movements turning in the fall line and then an introduction to mogul skiing. Black patch skiers are expected to be expert skiers and may ski the entire area.

WHAT STUDENTS AND PARENTS SHOULD EXPECT

Here are some very general guidelines that should help your students and their parents in understanding how a child might progress through the patch program.

Using a 10-year-old child of average intelligence, social and athletic skills as an example, a first year skier who skis 6 times, should be at the brown patch level, or lower intermediate skill level. A second year skier (ten years or older) should be skiing at the blue or possibly red patch level after skiing six or more times. A third year skier should be skiing at the red patch or advance skiing level.

The above guidelines are generalizations and will vary from child to child. Children who inline skate, ice skate or water ski may progress much faster than children who don't participate in sliding or motion sports of this type. Older children will usually progress more quickly than younger children will.

White patch skiers are very good skiers. A minimum of four or more years skiing experience is usually needed to acquire the skills for white patch. Black patch skiers are expert skiers and the instructor will be looking to near perfect technique. Children under nine usually do not have the strength or physical skills to ski at white or black patch levels.

When snow conditions are good, instructors will look for strong technique at each patch level. When conditions are very fast or icy, instructors will pay more attention to control rather than perfect technique.

Children who have inappropriate equipment, too long, obsolete, boots too stiff or too large etc. may not progress as quickly or they may even regress.

The above are generalizations. Some kids have more athletic talent than others. Younger children need to practice more to acquire and anchor skills. Often kids who learned to ski without the benefit of lessons need to relearn or break bad habits. Parents and students need to be reminded that just because they ski "black diamonds" up north or out west, does not mean they are performing the skill to receive a red, white or black patch. It is natural for people to plateau at certain skill levels. Mileage and practice are often the ingredients needed to acquire patches.