

Howdy Parents:

Over the years, parents have asked me about the curriculum we use in their children's education. I thought that I would use a few minutes to explain our process. We use the PSIA-AASI technical manuals along with tried-and-true teaching techniques. We begin with the group breakdown. This is done by assessing skiing ability, intensity, and social continuity. This can be an ongoing process as skills change and we get the time to really know your children. Our primary focus is, and will always be, "Safety – Fun – Learning," in that order. Learning is a product of fun!

Skiing is also a social sport. As humans, we all want to be part of something. This is why we, as instructors, work so hard at putting the groups together. The social interaction of the Training Team is as big a part of the learning process as our instruction. Sometimes students don't really care about learning, and just want to be with friends. The group dynamic can reinforce the movements that we try to instill.

We try to impart the five fundamentals of skiing to our students in a method they understand. The fundamentals are:

- 1) Control the relationship of the center of mass to the base of support to direct pressure along the length of the skis.
- 2) Control pressure from ski to ski and direct pressure toward the outside ski.
- 3) Control edge angles through a combination of inclination and angulation.
- 4) Control the skis rotation with leg rotation, separate from the upper body.
- 5) Regulate the magnitude of pressure created through ski/snow interaction.

We have built lesson plans for each week, but we use them as a guideline only. As an example, the first two weeks' skills focus was balance and stance. When we move on to skills such as pressure, edging, and steering, we quite often come back to balance, as it is the basis of everything we do. Lessons are student-centered so that we meet the needs of each individual.

This week's skills focus was pressuring your skis. The ability to manage, control, and manipulate pressure is often described as the most difficult skill to master in skiing. Effective pressure control requires constant action of muscles and use of specific movements to moderate forces from foot to foot, along the length of the skis, and between the skis and the snow. The amount of pressure applied to skis can be controlled by repositioning the center of mass, or by changing the turn radius, speed, amount of bend in the joints, edge angle, or weight distribution. Pressure is not simply a skill, but a constant adjustment that changes with speed, terrain, snow conditions, intensity, and obstacles.

We have had quite a few students leave the groups early. This is not a problem if they let the coaches know that they are leaving. We can spend hours looking for a student that just disappears from us. Please let your children know to let us know if they must leave early or see you on the hill and wish to go talk to you. We take the responsibility of caring for your children very seriously. The manpower we expend in these situations can be a drain on the ski school. Thank You.

ALSO ! I am excited to announce that Training Team will be doing its make-up days on March 9th & 10th.

The following is a list of the different team names and their coach.

SAT A.M.

TEAM NAME	COACH
SNOW DOLPHINS	RICHARD

Skills focus was to manage balance, hockey stops, skating, edge control, and JUMPS! They moved around mid-mountain.

SHREDDERS	SCOTT
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Scott's group skied with Stewart as Scott's work took him out of town. They worked on Carving, finishing turns in steeps, turning on the top of bumps, one foot skiing, and making the same size turns through the moguls.

POWDER JAGUARS	KAREN
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The P.J.s worked on finishing their turns and controlling speed, moving from a wedge to a parallel turn, and controlling their hand-pole position for better balance.

SNOW ANGELS	PATTY
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They focused on pressure & edge with the following movements; sideslips, large C – small C, smile turns, and falling leaf.

MAC & SKIS	DECLAN
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Declan's team worked on standing taller through steeper terrain, retaining their parallel, and how to properly approach and land jumps.

FURRY POLAR BEARS	RYAN
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The bears worked on retaining a parallel in a traverse, wedge christies, and skied some steeper terrain.

SAT.P.M.

PENGUIN SHREDDERS

BETSY

Betsy was training for her level two, and Richard filled in for the day. Their drills included balance management, hockey stops, and one ski drills.

THREE MUSKETEERS

SCOTT

Scott was out of town and the musketeers skied with Patty. Drills consisted of falling leaf in moguls, popping a balloon on the top of moguls, one legged skiing, and managing their fore-aft pressure.

BLACK SHREDDERS

OWEN

It was Owen's mom's birthday and being the fine young man that he is, spent the day with mom. Ryan took out Owen's team and worked on pressure management on steeper terrain.

DRAGON SLAYERS

LEO

(FREESTYLE)

They did a barnyard ladder, and did drills like hockey stops, and one-legged traverse.

CHRIS'S BANDITS

CHRIS

(FREESTYLE)

The Bandit's spent most of the day in the park learning ATML, park safety, and the responsibility code.

PHANTOM SPIDERS

LEE

Some of the drills that the spiders did were; skate across the hill, sideslips, hockey stop to spray snow, wedge christy turns, balance on one ski / thumpers, and small jumps.

SUN. A.M.

GUCCI POWDER GANG

EDEN

They worked on sideslips, pole plants, backwards skiing, and whirlybirds

RAIDERS

OWEN

The Raiders did some tree skiing, worked in the moguls, and worked on stance in steeper terrain.

SUPER SNOW SHREDDERS

BEN

SSS worked on their parallel skiing in moguls, steeper terrain, and managing pressure control at different speeds.

ARTIC FOXES

RYAN

This group started as part of Richards group and got too large. Ryan took this half and worked on speed management on steeper terrain, mogul skills, and alphabet turns.

SNOW SKIERS

RICHARD

They did hockey stops, hops, jumps, and Edge management

PIONEERS

DECLAN

Declan's group is a little overzealous and needed to work on safety and skiing etiquette. Drills included; standing tall, getting on the outside ski, railroad turns, turns in a corridor, and learned to spray snow.

TITAN MUSKETEERS

SCOTT

Focus was on pressuring the new outside ski. The drills were crab skiing, slide & glide, and Cadillac's and Camaro's. The team learned about the fine tuning of very small pressure movements.

SUN P.M.

POWDER POWERS

BEN

They skied moguls, did jumps and worked on sideslips, linked turns in a slip, and hockey stops.

POWDER SHREDDERS

SCOTT

Their focus was to manage the pressure to the outside ski. They used terrain and turn shape to emphasize when pressure was lighter and strongest.

POLAR PENGUINS

RICHARD

The Penguin's skills focus was overall balance. One ski balance, hockey stops, and movements in the moguls.

SNOWBOARD

The snowboard groups had such a variation in skill levels that we felt the need to make these five students two different groups.

RED LODGE RIDERS

WYATT

The Rider's worked on riding switch, 50/50, and jumps.

NOT NAMED YET

OWEN

The primary focus was to keep a much quieter upper body.

Happy Trails, Curt