

Howdy Parents:

Over the years parents have asked me about the curriculum that we use in the education of their children. 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.

Technically we try to impart the five fundamentals of skiing to our students in a method that 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.

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

SAT A.M.

TEAM NAME	COACH
REDLODGE SKI PROS	MORGAN
SNOW SHREDDERS	SCOTT

POLAR BEARS	RICHARD & BEN
BLAZING CHEETAHS	KAREN
BLIZZARDS	PATTY

SAT.P.M.

MARIO RIPPERS	BETSY
SKITTLE SKIERS	GRACE
FOODIE-CHICKEN NUGGETS	KAREN
COCONUT-PINEAPPLES	SCOTT

SUN. A.M.

SPEED SKIERS	RICHARD & BEN
SNOW RASCALS	MORGAN
RISKTAKERS	SCOTT
YETI'S	ELISE
SHREDDERS	MITCH
RASCALS	GRACE

SUN P.M.

POWDER DESTROYERS	ELISE
SHRED SQUAD	SCOTT
THE WORLD CHAMPIONS	BEN

SNOWBOARD

LITTLE-BIG SNOWBALLS	AUDRA
NOT NAMED YET	COOPER

Happy Trails, Curt