

Howdy Parents,

It is hard to believe, but we are halfway through the Alpine. Freestyle and Snowboard programs at this point. With four weeks behind us, the groups are solid, and we are building relationships within each group. However, kids will still be able to move into groups as the program progresses. We had 10 to 12 inches of new snow. It was damp and heavy, creating challenges for many of our students, but we all had a lot of fun and enjoyed riding in previously closed terrain. We are expecting more snow this week and are looking forward to have another great session this weekend.

For Alpine Training Team, this week's skills focus was rotary, or steering movements. We begin by understanding where in the body steering can come from. As skiers we refine our steering movements to come from the legs and not the upper torso. Using our arms and upper body is very inefficient and tends to put us off balance. As we develop the ability to steer the skis, we find that the other movements like pressure and edging are enhanced by how well we manage our steering skills. Along the way we play on different terrain and snow conditions that also refine our ability to manage these skills. It's important to know that terrain doesn't equal skill. Terrain is used to explore our skills.

For the Snowboard Training Team, this week's focus was pressure control. Students used a variety of activities to explore up-down pressure, edge-to-edge pressure, and tip-to-tail pressure.

For the Freestyle Training Team, the week's focus was Park SMART, safety, and etiquette. The team spent most of the day hunting for natural features to hit. They also explored how features are built, their purposes, and philosophies of good use.

As we enter February, when the weather can change dramatically, remember it is important to have appropriate layers for your kids. It's easier to take a layer off to get cool than to be cold throughout the day.

The following is a brief idea of what each group was working on.

SATURDAY A.M.

TEAM NAME

COACH

FURRY POLAR BEARS

RYAN

The bears spent the day learning to adapt to the heavy snow

MAC & SKIS

DECLAN

Declan had his National Guard training this weekend, so Lee & Betsy took the group for him. They worked on their turns, had a hockey stop competition, human slalom, and did edge management in traverses.

SHREDDERS

SCOTT

Their focus was to control rotary, edge and pressure movements with the proper timing. The drills used to enforce these movements were; glide-slide-turn, narrow hop turns, and a hockey stop spray contest.

SNOW ANGELS

PATTY

The Snow Angels did traverses that moved to one legged turns and skied the moguls while balancing their poles on their forearms.

SNOW DOLPHINS

OWEN

The Snow Dolphins worked on developing their wedge Christy turns.

POWDER JAGUARS

KAREN

They worked on hockey stops, side slipping, skiing backward, parallel traverse to a wedge turn, and talked about the changes in skiing in the heavy snow.

SATURDAY P.M.

DRAGON SHREDDERS (FREESTYLE)

LEO

D.S. worked on an intro to powder, airplane turns, hockey stops, and searched for natural features.

CHRIS'S BANDITS (FREESTYLE)

CHRIS

I saw them playing all over and watched them working in the terrain park, but Chris did not fill out his daily report. Yes, I did give him a hard time.

BLACK SHREDDERS

OWEN

The shredders worked on full parallel turns, turns between the moguls, and step turns. They also talked about committing to the movement.

THREE MUSKETEERS

SCOTT

They managed rotary movements with the legs along with counter rotation of the torso keeping shoulders square to the fall line. Drills included; slide-glide-turn, hop turns on an easy run and then in the moguls, and the hockey stop spray contest.

PENGUIN SHREDDERS

BETSY

They worked on ankle flex, edge management, nose over toes, keeping arms and poles in front of the body, and the hockey stop spray contest.

PHANTOM SPIDERS

LEE

They focused on hockey stops, side slips, wedge Chrisy's, and enjoyed partner whirlybirds.

SUNDAY A.M.

TITAN MUSKETEERS

SCOTT

Scott could not make it from Roundup on Sunday due to the roads. Chris took this group out, and skied hard all over in the new snow, and explored newly opened terrain.

ARTIC FOXES

RYAN

Ryan did not fill out his daily report, (I really need to straighten these guys out). They worked on adapting to the new snow.

GUCCI POWDER GANG

EDEN

The G.P.G. focused on pressure control, skiing in the powder, managing pole touch (with proper timing), and worked on coordination between team members and their leadership skills.

RAIDERS

OWEN

They worked on step turns, side slips, and how to manage heavy snow.

SUPER SNOW SHREDDERS

BEN

The Super Snow Shredders skied more aggressive terrain and worked on powder skiing, powder moguls, steps in the powder, and upper and lower body separation.

SNOW SKIERS

RICHARD

As they learned to ski in the new snow, the focus was to manage edge control and hopping out of the snow in the rabbits to start a turn.

PIONEERS

DECLAN

Grace worked with this group as Declan was doing his National Guard training. They spent the day searching for the untracked powder everywhere. They did hop turns, hockey stops, a spray contest, and keeping their skis parallel.

SUNDAY P.M.

POWDER SHREDDERS

SCOTT

As Scott was unable to make it due to poor roads, Grace took this group. They spent the afternoon managing their balance in the heavy snow and worked on hop turns, turn shape, and hockey stops.

POWDER POWER

BEN

They worked on their parallel skiing, hockey stops, pops, knuckles, and landings. The skills focus was speed management in changing snow conditions.

POLAR PENGUINS

RICHARD

This group has grown to ten students. To keep the quality of instruction at a higher level we broke into two groups. Ryan took half of them, and Richard will keep the Polar Penguin name. Richards group learned to manage the heavy snow and did hockey stops, slide-slip- turn, and helping each other.

NO NAME YET

RYAN

This is the other half of the above group. They worked on managing their steering movements and controlling upper & lower body separation.

RED LODGE RIDERS

(SNOWBOARD)

WYATT

As the focus for the training team was managing the snow conditions, it was no different for our snowboarders. They focused on edge angle in powder, the edge angle in moguls, and keeping their shoulders open and ready for the next turn.

NO NAME YET

(SNOWBOARD)

OWEN

These students worked on toe-side turns, switch-turns, turns in the moguls, and speed management in the new snow.

Cheers,

Curtis Sielaff