

Howdy Parents,

We had some fridged temperatures last weekend, but with over 30" of snow we had the best skiing of the season. The mountain is planning to open Cole Creek by next weekend. This will give us a lot more terrain for training and play.

It is hard to believe, but we are halfway through the Alpine 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 groups as the program progresses. Our new program, Freestyle Training Team, just began this Saturday. Day 1 was a great success, and we hope to build it into a full 8-week program next year.

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 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 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.

We are looking forward to great weather this coming weekend and are excited to ski with your kids.

Cheers,

Curtis Sielaff