

Howdy Parents;

I would like to start off by saying that there will be no Training Team next weekend. President's weekend is one of the busiest days for ski areas across the country. We need all our instructors to handle the influx of customers for that weekend. We will resume Training Team classes on February 25<sup>th</sup> & 26<sup>th</sup>.

The alpine skills focus was the use of poles. Proper use of poles helps us create better balance just by how we hold them. They can affect our turns and signal which direction we wish to go. They can help us with timing and get us to better project down the mountain. Poles also help in locomotion in the flats and give us something to lean on now and then.

The freestyle team's focus for the day was the 180 progression. The drills and skills like switch riding, butt crack turns, and static movements without skis or boards helped them feel the body control needed.

The snowboard teams explored off piste terrain, and the pitfalls of variable snow. Skills focus included turn shape, upper body management, and movement side to side. You'll have to ask some of the older students about BOMBHOLES!

The older students got the opportunity to do avalanche awareness training. The ability to read terrain and snow conditions saves lives and adds to everyone's safety. *Ridges and trees, less than 30 degrees, is safe for me*, was the class mantra. Students were asked to identify terrain that they felt was safe or unsafe. Declan had a snow pit dug to show how the different layers of snow create an avalanche. I have always felt that if even one child can recognize the dangers, they may save many.

I would like to recap by saying that there will be no Training Team Classes next weekend.

Happy Trails, Curt