

Howdy Parents,

Good snow, mild weather, and lots of fun made for a great weekend! We are seeing a lot of improvement in our students. With 3 weeks left there is still much to do.

Edging was the skills focus for the day. In skiing, we typically angulate (to apply edge) with a combination of the hips, knees, and ankles. The hips (and lower back) create the biggest changes in edge angle, while the knees and ankles offer a chance to fine tune the edge angle. The edges are a very powerful tool that allows us to control speed, carve, and enhance our ability to guide our skis in the desired direction.

Freestyle teams are refining riding skills Managing edge movements and learning how TIRD (timing, intensity, rate & duration) effect freestyle movements.

Snowboard teams worked on their riding in new snow, steeper terrain, and extension – retraction in moguls.

Also, a reminder that there will be no Training Team next weekend. President's weekend is one of the busiest days of the year for ski areas across the United States. We need every instructor we have for the holiday weekend. We will finish the season with the following three weekends, Feb. 24<sup>th</sup> & 25<sup>th</sup>, Mar. 2<sup>nd</sup> & 3<sup>rd</sup>, and Mar 9<sup>th</sup> & 10<sup>th</sup>. March 9<sup>th</sup> & 10<sup>th</sup> is the makeup weekend for the freezing cold days that we were closed.

#### SATURDAY A.M. TEAMS

TEAM NAME

COACH

SNOW DOLPHINS

OWEN

The Dolphins worked on skiing in powder by using less edging and more steering.

SHREDDERS

SCOTT

With the new snow the Shredders revisited many of the skills that they had previously worked on like hands out in front of the body, and discussed which of the skills they worked on in the previous weeks were most important on each run.

FURRY POLAR BEARS

RYAN

Ryan was not feeling well, and Grace took Ryans teams for the day. They worked on fore/aft pressure, poles in front of body, and hockey stops. The Furry Polar Bears were skiing without the wedge!!!

SNOW ANGELS

PATTY

Patty's group worked on one legged turns with the right leg and then with the left leg. They also skied the moguls while balancing their poles on the wrists.

POWDER JAGUARS

KAREN

The Powder jaguars worked at managing their balance, finishing their turns, and moving from a wedge to parallel. They used the wedge only to start the turn.

MAC & SKIS

DECLAN

Mac & Skis (love that name) worked on flattening their skis (due to the powder), whirlybirds, tightening their turns, and exploring new runs.

SATURDAY P.M.

PENGUIN SHREDDERS

BETSY

The Penguins worked on fore/aft pressure, upper and lower body separation, side slips, and two person whirlybirds.

THREE MUSKETEERS

SCOTT

They used 3 drills to help the kids understand edge control; chopped salad, the magician, and C shaped carving turns. They expanded on that as they moved to different terrain.

PHANTOM SPIDERS

LEE

The Spiders worked on traverse's, hockey stops, round turns, Christy's, flexing and extending on moguls, and partner whirlybirds.

BLACK SHREDDERS

OWEN

Owen was needed to handle general public lessons and Karen filled in for Owen. They worked on moving from wedge to parallel, finishing their turns, and sideslipping.

CHRIS'S BANDITS

(FREESTYLE)

CHRIS

Chris was doing a level II prep. And Declan took his class for the day. They worked on TIRD (timing, intensity, rate, duration) while jumping from mogul to mogul, jumping and landing in powder. They also worked on skiing in powder by flattening their skis and steering their feet.

DRAGON SHREDDERS (FREESTYLE) LEO

This was a day of fun focusing on adventure in moguls, powder, and chop. They did airplane turns while working on the buddie system for safety.

SUNDAY A.M.

SUPER SNOW SHREDDERS BEN

The SSS focused on skiing powder safely, skiing around moguls, shuffling through a turn, railroad tracks, dolphin jumps, and adventuring around the mountain looking for deep powder.

ARTIC FOXES RYAN

Ryan was not feeling well, and Grace took this group. The Foxes did skate push-off on the flats, pop the top of the mogul, hockey stops with a hop, and airplane turns to emphasize angulation.

GUCCI POWDER GANG EDEN

The GPG finally got to ski in powder! They worked on side slips, pole plants, backward skiing, and whirlybirds.

RAIDERS OWEN

The Raiders focused on softer movements in powder, more foot steering, and less edge engagement, while exploring steeper terrain.

SNOW SKIERS RICHARD

While playing in the softer snow the team worked on edge management with hockey stops, skating, finishing turns, and looking for the deepest pow.

PIONEERS DECLAN

Declan had a private request, and Leo skied with the team. They skied fast, hard, and worked on managing softer snow on steeper terrain.

#### TITAN MUSKETEERS

SCOTT

The Titans skied mostly black terrain all day, focusing on edge management with drills like; J turns, railroad tracks, 2-4-2, carving in moguls, and grind the spine.

SUNDAY P.M.

#### POWDER POWER

BEN

Powder power worked on the basics of skiing in powder. Skills & drills included, hockey stops, managing steeper terrain, using the correct speed for snow and terrain conditions, how to land softer, and staying in parallel.

#### POLAR PENGUINS

RICHARD

The Penguins focused on foot movements in drills like hockey stops, sideslips, hop turns, and skate turns.

#### NO NAME

RYAN

Ryan was not feeling well, and Grace skied with this group. They skied a variation of terrain from green to black moguls. Drills included skate push-off on the flats, hockey stops with a hop, and pop the top of moguls.

#### POWDER SHREDDERS

SCOTT

With edge control as the main focus, they upped the difficulty this week, and the team did great. Sluice Box really emphasized these movements. The powder shredders did Sluice Box twice!

#### FAST BOARDERS

(SNOWBOARD)

OWEN

The Fast Boarders focused on turn shape, turn size, and speed control on steeper terrain. They really enjoyed riding on Lazy M.

#### RED LODGE RIDERS

(SNOWBOARD)

WYATT

The RLR enjoyed riding in Coal Creek. They started working more advanced moves like extension & retraction in moguls, absorbing the moguls with their legs, and managing edge angles in steeper and deeper terrain.