

Welcome to Skiing and Snowboarding

Build the Foundation

- ❖ Read over the student's Participant Information Form (PIF), available from Program Leads.
 - Review his/her Progress Reports, if it is not first lesson.
- ❖ Perform a student assessment.
 - Includes, but not limited to, Range of Motion, Balance, Vision, Hearing, Cognitive, Behavioral.
- ❖ Discuss pertinent medical history.
- ❖ Determine and share goals (both for the participant and the instructor).
- ❖ Select, introduce and set- up equipment (see file for fit-ups from a previous season, if applicable).
- ❖ Agree on student/instructor communication and safety.
- ❖ Repeat Range of Motion and Balance assessments as static drills with equipment.

SKIER LEVELS

- ❖ **Level 1:** Has never skied before or needs to reinforce some elements (**Beginner**)
 - **Objectives:** Student will learn how to walk, climb, shuffle, glide, turn, stop and stand up with equipment on
 - **Key Elements**
 - **Stance & Balance :** Athletic stance; straight run
 - **Rotary Movements:** Scooter turns; foot arcs; step turns; femur turns in the hip sockets (instead of the entire hip coming around)
 - **Edging Movements:** Side Stepping; herringbone; skating on flats
 - **Pressure Management:** Stepping from foot to foot; shuffling; fore/aft balance
 - Skiing Milestones
 - Puts on/takes off skis
 - Walking, shuffling, climbing with equipment
- ❖ **Suggested Terrain**
 - **Stevens:**
 - In front of the Tye Creek lodge.
 - **Summit:**
 - Flats in front of the OFA building and near the bottom of Pacific Crest.
 - Bottom of the run, near Little Thunder, by the Magic Carpet.
- ❖ **Level 2:** Student can walk, climb, shuffle, glide, turn & stop (**Novice**)
 - **Objectives:** Student will learn to gain control of speed and direction on gentle beginner terrain, link turns, and may learn to ride chair lift
 - **Key Elements**
 - **Stance & Balance:** Flexes and extends the joints evenly to keep the body weight centered and balanced over the balls of the feet; maintain balance while in motion
 - **Rotary Movements:** Curve uphill to slow & and downhill to go; steering legs and feet to adjust turns; turn skis progressively underneath a quiet and stable upper body

- **Edging Movements:** Keep inside ski flat; engage/release outside ski; hips and torso remain centered between the skis; the skis remain fairly flat with edge angles developing in or after the fall line
- **Pressure Management:** Positive weight transfer to outside ski; bounce lightly by flexing ankles and knees; starts new turn by decreasing edge angles to release pressure and flatten the skis
- Skiing Milestones
 - Straight run in a gliding wedge
 - Gets up after a fall
 - Loads, unloads and rides chairlift/carpet safely
 - Wedges or steers skis to a stop
 - Gliding wedge in both directions
- ❖ **Suggested Terrain**
 - **Stevens:**
 - “Green” Magic Carpet – on the carpet, on the access run to the carpet.
 - **Summit:**
 - Flats in front of the OFA building and near the bottom of Pacific Crest.
 - Skier’s right of the Magic Carpet.
- ❖ **Level 3:** Student can control speed and direction on gentle beginner terrain with gliding wedge or open parallel (direct to parallel approach) (**Advanced Beginner**)
 - **Objectives:** Student will learn to control speed through skidding and turn shape, completing turns on a variety of green terrain. Student will start matching skis at the end of turn
 - **Key Elements**
 - **Stance & Balance:** Body moves in direction of new turn; arms slightly raised, with the elbows in front of the body and the hands slightly further apart than the elbows; shoulders, hands and hips are level; flex originates in the ankles
 - **Rotary Movements:** Inside ski matches movement of outside ski; focus on inside leg steering- developing strong inside half; steering is developed through positive weight transfer and lower leg rotation on a slightly edged ski
 - **Edging Movements:** Side Slip; engage outside ski during turn & release between turns; skier controls edge angles through inclination and angulation
 - **Pressure Management:** Rolls the ankles, knees and hips forward and laterally to move into the new turn; timing / intensity of weight transfer is deliberate
 - Skiing Milestones
 - Linked wedge turns
 - Speed control through turn shape
 - Matches inside ski at end of turn
- ❖ **Suggested Terrain**
 - **Stevens:**
 - Magic Carpet – left side first, then the right side.
 - **Summit:**
 - Magic Carpet (both sides).
 - Advance to Little Thunder when can stop in both direction (skier’s right – go around the bull wheel). Need to be able to traverse.
 - Possible: Hike a little up Dodge

- ❖ **Level 4:** Student can control speed through skidding and completing turns on a variety of green terrain **(Early Intermediate)**
 - **Objectives:** Student will learn how to shape turns to control speed using a narrow gliding wedge or open parallel position on green or easy blue terrain. Student will learn a “hockey stop” for quick braking
 - **Key Elements**
 - **Stance & Balance:** Upper body more vertical than the lower body through the shaping and finishing phases of the turn, creating body angles to align the center of mass over the base of support; flexion originates in the ankles
 - **Rotary Movements:** Continues to turn the skis across the hill as the upper body remains facing down the hill, resulting in a countered relationship; head/shoulders/torso/hips are countered in the direction of the new turn
 - **Edging Movements:** Release and engage both skis simultaneously; engage outside ski during turn
 - **Pressure Management:** When extending toward the new turn, begins to change dominant pressure from the old outside ski to the new outside ski; the inside leg shortens as the outside leg lengthens, setting up alignment and balance with weight on the outside ski.
 - Skiing Milestones
 - Matches skis before fall line with skidding
- ❖ **Suggested Terrain**
 - **Stevens:**
 - Daisy – start by exiting lift to the left, and with practice, exit to the right. Begin with the terrain on skier’s left, then progress to the terrain on skier’s right and down the middle of Daisy.
 - **Summit:**
 - Little Thunder, Julie’s.
 - Consider Dodge – make sure it’s well groomed.
- ❖ **Level 5:** Student can vary turn shape to control speed using a narrow gliding wedge or open parallel position on all green or easy blue terrain **(Intermediate)**
 - **Objectives:** Students learn to develop open track parallel skiing with pole usage on variety of greens and blues, adjusting balance/stance to changing speed/terrain
 - **Key Elements**
 - **Stance & Balance:** The inside hand, shoulder and hip lead through the turn relative to the pitch of terrain and turn shape/size; shoulders, hips and hands are all parallel to the pitch of the hill
 - **Rotary Movements:** Intro to linear/direct pole swing to help direct movements into turn; flexion along with positive weight transfer on an edged ski will develop turn shape
 - **Edging Movements:** Use ski design to control turn shape; skier uses tension of the inside leg to help maintain alignment, flexion of the inside ankle directs movement forward and laterally for edge angle adjustments; shins make forward and lateral contact with the boot cuff as the skier rolls the skis onto the new edge
 - **Pressure Management:** Use fore/aft, lateral, and flexion/extension movements to control/apply pressure; flexion down and to the inside of the turn to regulate pressure progressively through the turn; explore variable easy terrain keeping ski/snow contact
 - Skiing Milestones
 - Links open parallel turns

- Progressive/varying turn shape appropriate to terrain
- Appropriate use of poles or advanced outrigger placement

❖ **Suggested Terrain**

➤ **Stevens:**

- Hogsback Chairlift
 - First - Rockin' Blue, towards skier's left of the Daisy flats.
 - Progress to – exit chair to the right, and head towards Skyline. Turn right at the bottom on the trail heading back to Hogsback.

➤ **Summit:**

- Little Thunder, Julie's, Dodge, Easy Rider.
- Pacific Crest – only if a very strong Level 5 skier.