

# 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.

## SIT SKIER LEVELS

- ❖ **Level 1:** Has never skied before or needs to reinforce some elements (**Beginner**)
  - **Objectives:** Student will learn how to move on the flats with a centered, balanced stance
  - **Key Elements**
    - **Stance & Balance :** Athletic stance; straight run
    - **Rotary Movements:** Pivots, bow ties
    - **Edging Movements:** Edge side to side, lateral use of outriggers
    - **Pressure Management:** Weighting outriggers, fore/aft movements
  - Skiing Milestones
    - Center stance with constant outrigger/snow contact
    - Pushing, pivoting on flats
    - Straight glide with terrain-assisted stop
- ❖ **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 move on the flats and glide to a 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:** Hips and upper body centered over ski; flexes and extends the hips (if available) and spine to center weight over the middle of the ski, moving center of mass fore and aft; keeps arms slightly raised, with the elbows in front of the body and the hands slightly farther apart than the elbows; shoulders/hands/hips are level, outriggers have equal, constant and light pressure
    - **Rotary Movements:** Curve uphill to slow & downhill to go; use symmetrical outrigger steering (at turn initiation both outrigger tips are pointed in the direction of the new turn) as the primary rotary force for guiding the ski through the shaping phase of the turn
    - **Edging Movements:** Maintain flat ski to skid turn; hips and upper body remain centered over the ski, and the skier keeps the tips of both outriggers close to the tip of the ski
    - **Pressure Management:** Light outriggers, with both outriggers on snow; starts new turn by focusing on edge released movements to decrease edge angles and flatten the ski
  - Skiing Milestones

- Outrigger stop with progressive braking
- Gets up after a fall
- Loads, unloads and rides chairlift/carpet safely
- Turns to a stop 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 (**Advanced Beginner**)

- **Objectives:** Student will learn to control speed through skidding and turn shape, completing turns on a variety of green terrain.

➤ **Key Elements**

- **Stance & Balance:** Extends the spine down and to the inside of the turn to regulate pressure, distributing weight along the length of the ski
- **Rotary Movements:** Use asymmetrical outrigger steering at turn initiation (pointing the new inside outrigger tip in the direction of the new turn) to create the differential friction that provides a source of rotational input
- **Edging Movements:** Makes edging movements by angulating the hip and spine/torso, with the shoulders level to the pitch of the slope (relative to the skier’s movement range and physical ability); increased upper body countering encourages angulated edging movements
- **Pressure Management:** Flexion/Extension movements go lateral; increases the extension of the torso and new inside arm/outrigger to contact the snow farther away from the midline; shifts chest and spine forward and laterally to move into new turn; timing / intensity of weight transfer is deliberate

➤ **Skiing Milestones**

- Links round turns in both directions, skidded turns
- Speed control through turn shape to match terrain

❖ **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 on green or easy blue terrain. Student will learn a “hockey stop” for quick braking

➤ **Key Elements**

- **Stance & Balance:** Inside hand/shoulder/torso/hip (if available) lead through the turn relative to the pitch of terrain and turn shape/size; brings outrigger back toward midline early in the shaping phase of turn
- **Rotary Movements:** Continues to turn the ski across the hill as the upper body remains facing down the hill, resulting in a countered relationship; the head and shoulders (and upper torso if available) are countered in the direction of the new turn
- **Edging Movements:** Maintains alignment by creating tension in the lowest functional body part (core, torso and/or shoulders); extension of the spine directs movement forward and laterally for edge angle adjustments; the inside outrigger and rigger ski complement the actions of the dominant inside edge of ski
- **Pressure Management:** When extending into new turn, begins to change dominant pressure from the old inside edge to the new inside edge; inside outrigger arm is bent more than the outside outrigger arm
- Skiing Milestones
  - Upper/lower body separation
  - Hockey stops in both directions
- ❖ **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 on all green or easy blue terrain (**Intermediate**)
  - **Objectives:** Students learn to develop more dynamic skiing on variety of greens and blues, adjusting balance/stance to changing speed/terrain
  - **Key Elements**
    - **Stance & Balance:** Develop a versatile, adaptable, functional stance, with a slight counter to outside of turn will create a skier balanced on skis as opposed to against skis; discover position where center of mass is over the base of support between turns that will allow the skier to turn in either direction; shoulders/ships/hands/outriggers are all parallel to the pitch of the hill
    - **Rotary Movements:** Increased efficiency of outrigger movements (caused by the increased distance between the outrigger tip and center of rotation) allows for a much earlier match of the inside/steering rigger and shorter duration of differential friction caused by outrigger tip-to-snow contact
    - **Edging Movements:** Use ski design to control turn shape; forward and lateral contact with the seat and/or chest retention strap allows the skier to roll the ski onto the new edge
    - **Pressure Management:** Nearing completion of the turn, the upper body is slightly flexed and countered in the direction of the new turn; explore variable easy terrain keeping ski/snow contact
  - Skiing Milestones
    - Adjusts balance and stance to changing speed/terrain
    - Dynamic linked turns, 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.