

MULTI-VISIT “SKI” LESSON PROGRAM

Curriculum Guidelines and Expectations

Our multi-visit lesson program is basic training and skill improvement geared primarily for entry level students as well as those with beginner and intermediate ability levels. We use a progressive approach, emphasizing fun & safety. The ski lesson program utilizes a station teaching format. The program includes one-hour teaching sessions over a five-week period and is appropriate for skiers ages (7) and up. Lessons are scheduled at several fixed times during the day. Class start times will be decided by Shawnee Mountain.

BUILDING THE SKIER Stations #1-5

Appropriate to: New (Never-Ever) Skiers, Beginner Skiers and Novice Skiers who have not mastered the beginner slope

Lesson Format: Skill Stations (1-5), representing individual skill elements in a building progression; (i.e. balance, speed control, turning, etc.).

1-hour sessions, on beginner terrain. Skill advancement takes place through the stations at a skier’s individual pace.

Expectations of Overall Skill Development

Upon completion of stations #1-#5, a participant should possess a sound foundation of skills that will allow them to enjoy the sport in both a fun and safe manner. Specifically, these skill achievements include mastering basic turning, speed control, mountain safety, and lift use.

General Weekly Session Goals

WEEK #1

Safety Orientation. Gliding on Snow. Stopping.

WEEK #2

Speed Control. First Turns.

WEEK #3

Negotiating the beginner slope with continuous turns.

WEEK #4

Working towards the mountain experience. Strengthening previous skills. Varying turn size and speed, lift safety and use.

WEEK #5 The Big Step

To Station #6 (The Mountain Top): topics covered include, Lift Riding Safety, “Courtesy and Responsibility”, “How to get out of a Jam” and others.



Programs (+’s) and (-’s): (+) - New skiers learn fundamental skills quickly and students enjoy the freedom of controlling their own degree of accomplishment before moving to more advanced skills. (-) - This approach sometimes appears to be mechanical and therefore less people-oriented.

THE MOUNTAIN EXPERIENCE Station #6

Appropriate to: Novice through Intermediate Skiers
(i.e. Skiers that can safely and skillfully negotiate beginner terrain)

Lesson Format: Gym-Class Style Groups, (10-12 per class) joined with one instructor, classes are divided on the basis of age and skiing ability level. Note: This format accommodates a wide range of ability levels in each lesson group.

1 hour session on terrain that matches the skier's skill level. Typically (2) downhill runs per lesson.

Technique Clinics: using challenging mountain experiences (varied snow conditions, steep or flat terrain, fast-controlled skiing and cruising) to fine-tune and sharpen a skier's fundamental skills.

Changing lesson themes and games will be utilized from week to week to create a fun, motivating atmosphere.

Program (+'s) and (-'s): (+) A fun game approach offers the student "learning in disguise". (-) At this advanced level of learning, weekly progress is less obvious. Subsequently, young skiers/snowboarders expecting immediate results become needlessly frustrated and sometimes lose interest.



Expectations of Overall Program Skill Development

Upon completion of this program a participant should gain the following:

- Greater skiing confidence over a wide variety of terrain and conditions.
- Smoother and more precise turning.
- A number of skiing skill tips, to practice on their own.
- A simple orientation to the technical aspects of the sport (i.e. pressure/edging, body position, etc.)
- A better understanding of this winter sport, including but not limited to:
 - The inherent risk of skiing and a skier's responsibility to themselves and other participants.

Attitude, Mental Approach and a Few Learning Realities

- Students progress at an individual pace, which could differ from their friends. Athletic students typically progress faster.
- Students who do not devote some time to practice after lessons can expect to move slower than those who do.
- Students will not have the same instructor each week. This can sometimes benefit the student because they are taught the sport through different instructor perspectives.

MULTI-VISIT “SNOWBOARD” LESSON PROGRAM

Curriculum Guidelines and Expectations

Our multi-visit lesson program is basic training and skill improvement **geared primarily for entry level students as well as those with beginner and intermediate ability levels.** We use a progressive approach, emphasizing fun & safety. The snowboard lesson program utilizes a traditional teaching format. The program includes one hour teaching sessions over a five-week period and is appropriate for boarders ages (8) and up. Lessons are scheduled at several fixed times during the day. Class start times will be decided by Shawnee Mountain.

DEVELOPING THE SNOWBOARDER Lessons #1-6

- Appropriate to:** New (Never-Ever), Beginner, Novice and Intermediate Snowboarders, ages 8 and above
- Lesson Format:** Small group instruction (5-7 per group) divided by ability level. Lessons build on previously learned skills in a progressive fashion.
- 1-hour sessions, skill advancement takes place at the snow boarder’s individual pace.

Expectations of Overall Skill Development

Upon completion of lessons #1-#5, a participant should possess a sound foundation of skills that will allow them to enjoy the sport in both a fun and safe manner. Specifically, these skill achievements include mastering basic turning, speed control, mountain safety, and lift use.

General Weekly Session Goals

WEEK #1

Orientation of equipment, balancing skills, skating, speed control, lift use and safety code discussion.

WEEK #2

Toe side and heel side turns. Speed control and turn deflections and balancing drills.

WEEK #3

Connecting turns to control speed and turn shapes.

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#### **WEEK #4**

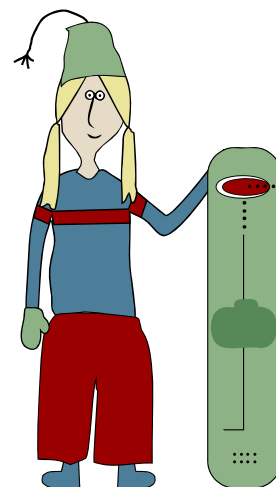
Varying radius of turns and exploring more difficult terrain. Discuss snowboarder courtesy and responsibilities.

#### **WEEK #5**

Short radius turns, “all mountain” riding introduction, reading trail maps and discussing what to do in a problem situation

#### **ADVANCE TRAINING** (when applicable)

Riding switch for versatility, speed control on steeper terrain



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## KEYS TO SUCCESSFUL SNOWBOARD LEARNING

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### Attire and garb

- Dress appropriately for outdoor winter activity. Hats, jackets and gloves are a must.
- Learning means falling in snow. Snow or ski pants keep a snowboarder dry and make learning more enjoyable.
- Shawnee Mountain encourages the use of any type of safety equipment. This would include helmets and wrist guards.

### Attitude and approach and a few learning realities

- Students progress at an individual pace, which could differ from their friends. Athletic students typically progress faster.
- Students should not feel put out or discouraged if they repeat a lesson more than once. Over half of all snowboard students stay in lesson #3 for two weeks.
- Students who do not devote some time to practice after lessons can expect to move slower than those who do.
- Students will not have the same instructor each week. Students may request a specific instructor they like if that individual is available.



### *Expectations of Overall Program Skill Development*

Upon completion of this program a participant should gain the following:

- Greater snowboarding confidence over a wide variety of terrain and conditions.
- Fluid and precise turning.
- A simple orientation to the technical aspects of the sport (i.e. board performance in relation to body movements).
- A better understanding of this winter sport, including but not limited to:
  - Responsibility code and riding in control
  - Safe riding habits (i.e. always ride with a friend) and how to handle a problem situation