SNOWSPORT SCHOOL
INSTRUCTOR TRAINING PROGRAM
"A" SKI LESSON PROGRESSION

The follow serves as a guideline for the "A" beginner ski lesson at the "The Mountain Top" at Grand Geneva Resort and Spa. Please keep in mind that this is a guideline. Class routines and content may change and vary depending on variables such as class size, age, ability, weather, snow conditions, amount of time, etc. A professional instructor, throughout his or her career, will develop a "bag of tricks" to adapt to each lesson and student.

A. INTRODUCTION

1. Introduce yourself to your students. "Welcome to Grand Geneva!"
    a. Explain objective of beginner lesson – equipment, walking with skis on, straight run, speed control and stopping, changing directions (turns), getting uphill (magic carpet and/or rope tow)
2. Learn students' names to build rapport
3. Check for proper attire and equipment
    a. Dressed appropriate for weather (gloves, coat, hat, etc.)
    b. Boot on the right foot?
    c. Too much clothing packed into boot cuffs?
4. Explain and demo skis, boots, bindings and poles
    a. Heel piece must be point up (cocked) to get into skis
    b. Knock off all snow underneath boots when putting on skis
    c. Demonstrate pole usage
        1. hands through strap and grab around strap and grip
        2. carrying tray of food
        3. used only for walking at beginner stage
    d. Getting out of skis
        1. use pole tip to push down on heel binding

B. BASIC STANCE AND EXCERCISES WITHOUT SKIS ON

1. Athletic stance
    a. Weight centered on whole foot
    b. Practice turning toes in
2. Flex ankles fore/aft
    a. Feel for shin/boot contact
3. Roll feet
    a. Tip boots from edge to edge
4. Shuffle – Walk in a figure 8
    a. Lead with inside foot

b. Roll feet to keep boot on edge

5. Sidestep uphill
    a. Tip boot on uphill edge and not slip down the hill

C. MANEUVERS WITH SKIS – FLAT TERRAIN

1. Single ski figure 8
    a. Tip/steer the foot to go in the direction you want to go
    b. Play “Scooter” exercise
2. Two ski figure 8
    a. Lead with inside ski tip, rolling foot to keep inside ski flat on snow
3. Ski Tip Exercise
    a. Lift ski tip only, keep tail on snow.
    b. Left to go left, right to go right

D. MANEUVERS WITH SKIS – GENTLE TERRAIN WITH RUN OUT

1. Changing directions while static
    a. Face downhill and create “gate” with poles (also know as the “Matador” maneuver)
        1. lock arms to prevent sliding downhill
        2. pick up poles when ready to move downhill
        3. do not use poles for stopping
    b. Step/steer into fall line (alternate to “Matador” maneuver)
2. Gripping and Slipping
    a. Roll feet/skis uphill
    b. Emphasize tipping to uphill edge to avoid slipping downhill
    c. Roll feet/ski downhill
        1. release edges so that skis sideslip downhill
3. Traverse, Stepping and Stopping
    a. Roll feet/skis onto uphill edge, traverse across slope
    b. Step tips slightly downhill, then step tips uphill to a stop
    c. Skis remain on uphill edges
4. Straight Run
    a. Step ski tips into fall line, glide downhill in a balanced stance
    b. Approaching flats, step tips around, slowing to a stop
    c. Repeat, stepping around in the other direction
    d. Narrow wedge straight run
        1. feel feet/skis on inside edges
        2. toes/tips in – NOT heels out
    e. Narrow wedge change ups
        1. alternate (change up) between narrow wedge and straight run
        2. step tips out of fall line, slowing to a stop
        3. repeat in both directions
    f. Braking wedge (Optional – emphasize that turning to a stop is a more efficient method of stopping)
        1. used in lift lines and unloading chair lift ramps
        2. roll feet to guide ski tips in to create a gliding wedge
        3. increase the wedge angle to form a braking wedge to a controlled stop

E. CHANGING DIRECTIONS - TURNING

1. Step turns in both directions to a stop
2. Transition from “step to turn” to “tip to turn” without lifting foot off the snow
3. Release inside edge
    a. From a narrow wedge, in the fall line, release inside ski edge by rolling that foot to flatten the ski
    b. Increase the edge angle on the inside ski while guiding both tips for continuous turning until stopped, slightly uphill
    c. Repeat in both directions
4. Linked turns
    a. control speed by turning
    b. demonstrate a variety of turn shapes
    c. mileage
    d. turn to a stop
5. Set slalom course using ski poles (optional)
    a. use only if terrain and crowd conditions permit
    b. mileage, mileage, mileage

F. UPHILL TRANSPORTATION - This can be taught at any time in the lesson based upon class’s progress and availability of rope tow and/or carpet/conveyor

1. Rope Tow
    a. assemble class at bottom of rope tow area – be aware of other skiers waiting in line to use rope
    b. explain safety precautions and procedures
    c. no loose scarves – must be tucked into jacket
    d. long hair must also be tucked into parka
    e. check for proper ski gloves – no thin, driving type gloves or thin knit gloves
    f. one at a time, step into track, skis matched pointed straight uphill
    g. remove poles from wrists and tuck under armpit
    h. flex at ankles, knees, and at waist, standing on whole foot
    i. slowly pick up and squeeze rope as it slides through gloves
    j. let go of rope when terrain flattens out at the top of teaching area
    k. take a large step with outside ski and move away from unloading area
    l. let go of rope if you fall or if the person ahead of you falls
    m. select meeting place at the top of the teaching area to assemble
    n. instructor is always the last person to go after the entire class has proceeded to the top
2. Magic(Wonder) Carpet Conveyor Lift
    a. single file line, plant poles behind you to move forward
    b. balanced stance on conveyor
    c. be prepared for sudden, abrupt stops
    d. use braking wedge to stop after unloading
    e. designate meeting point at top of teaching area
    f. instructor is always the last person to go up after the entire class has proceeded to the top

3. Chairlift – **DO NOT** take beginner group lessons onto the chairlift(s) in the "A" lesson. Chairlifts may be used in private lessons at the Instructor's discretion based on student's progress.
    a. take poles off wrists and hold them in your inside hand (next to your partners)
    b. as chair pasts you, quickly proceed to loading point marked on ground
    c. keep ski tips parallel and pointed uphill
    d. turn around outside shoulder, look for chair, grab vertical bar and sit down
    e. when chair reaches unloading point with skis contacting snow, stand up and quickly ski out of the way
    f. use braking wedge to stop or turn to a stop space permitting
    g. quickly move away from unloading area

G. CLOSURE AND DISMISSAL – Never dismiss your class at the top of a run. Always assemble your class at the bottom of the hill for wrap up. Small children must be dismissed to their parents or designee. Make arrangements for meeting time and place at the start of the lesson with parents.

1. Review items covered in class.
2. Offer personal tips, address students by name
3. Reinforce major aspects of "Skier's Responsibility Code"
    a. ski in control (sit down before running into another skier or object)
    b. skier in front of you has the right of way
    c. don't stop at a place where you cannot be seen from above
4. Do not proceed to lift served areas until you've mastered speed control and also the ability to turn when necessary
5. Direct them to the "C" chair if and when they are comfortable with speed control and turning
6. If unfamiliar with lifts, ask for help
7. Solicit questions from students
8. Sell next class
    a. Explain that, at the next level, we would work on matching skis together, riding the chair lifts and moving higher on the hill
9. "HAVE A GRAND DAY!"

H. ADDITIONAL POINTERS

1. Less Talk – more demos – keep explanations simple
2. Students learn by doing – keep them moving
3. Don't stand around in one place – keep them moving
4. Demo and demo often
5. Terrain selection is critical to student's learning
6. Keep it FUN!