

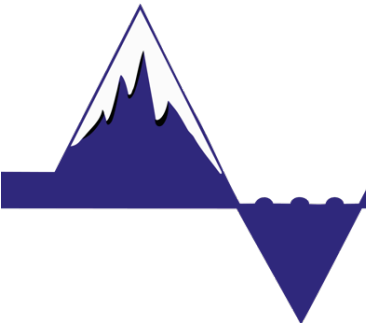
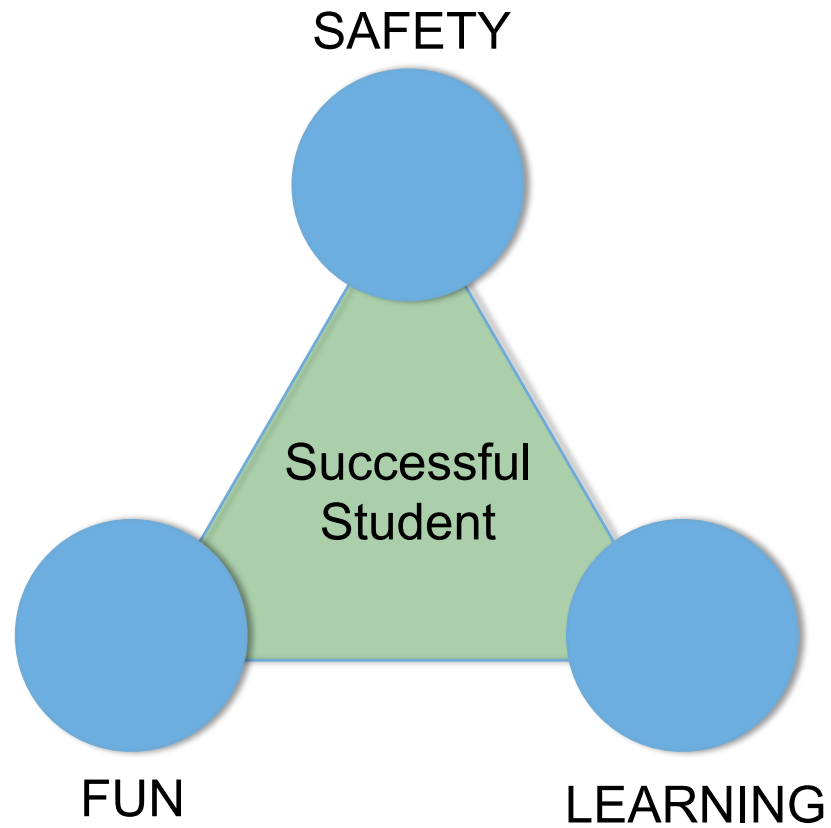


# **SNOW SPORTS EDUCATION**

**GRAND TRAVERSE SKI CLUB**

***ADOPTED 9/11/2017***

# SAFETY. FUN. LEARNING.

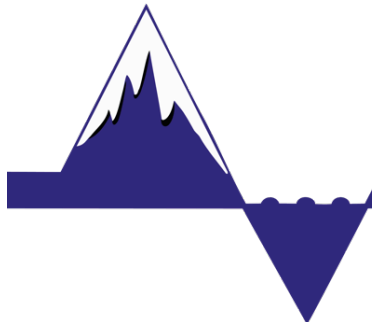


# SAFETY



## Know The Code:

1. Always stay in control.
2. People ahead of you have the right of way.
3. Stop in a safe place for you and others.
4. Whenever starting downhill or merging look uphill and yield.
5. Use devices to help prevent runaway equipment
6. Observe signs and warnings and stay off closed trails
7. Know how to use lifts safely

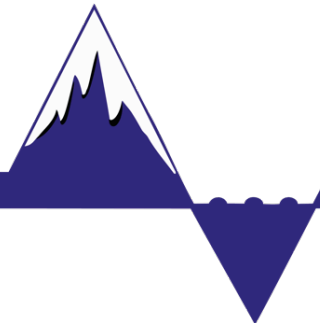


# FUN



## Activities:

1. Interactive
2. Educational
3. Encourage Play



# LEARNING



Learning

## A Culture:

1. Interaction where student is involved.
2. Games or drills provide teachable moments.
3. Students learn to access their own skiing by use of video.
4. Students learn tactics by understanding the basics of course setting.
5. Students learn about their equipment, putting it on and taking care of it.
6. Students learn about a life time activity.
7. Students learn respect for themselves other students, and parents.

# SUCCESSFUL STUDENTS

## CAP

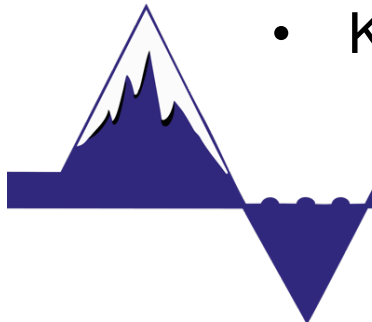
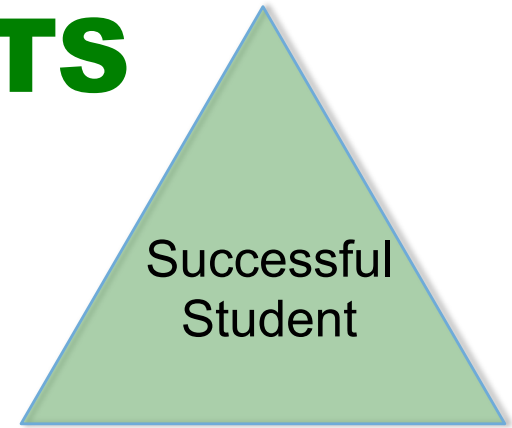
- Cognitive - How Children think.
- Affective - How Children feel.
- Physical - How Children move.

## General Age

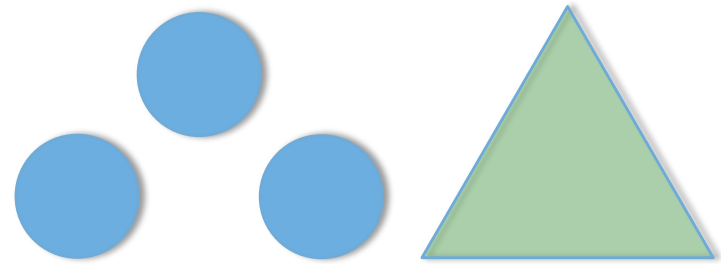
- 3-6
- 7-12
- Teens

## Learning Style preferences

- Visual
- Auditory
- Kinesthetic (*doer, watcher, thinker, feeler*)

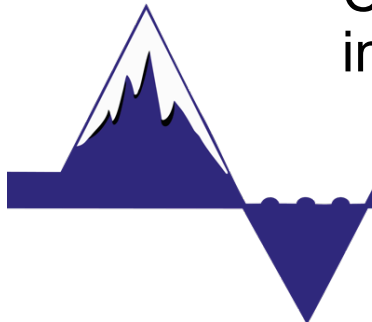


# FUNDAMENTALLY SPEAKING



## Building Blocks:

- Control the relationship of the center of Mass to the base of support to direct pressure along the length of the skis.
- Control pressure from ski to ski and direct pressure to the outside ski.
- Control edge angles through a combination of inclination and angulation.
- Control the skis rotation (turning, pivoting, steering) with leg rotation separate from the upper body.
- Control the magnitude of the turn through ski/snow interaction.



A stylized, light gray background illustration of a mountain range. The mountains are represented by simple geometric shapes and outlines, with some peaks having jagged, flame-like tops. The overall style is clean and modern.

# **PROGRAMS**

**GRAND TRAVERSE SKI CLUB**



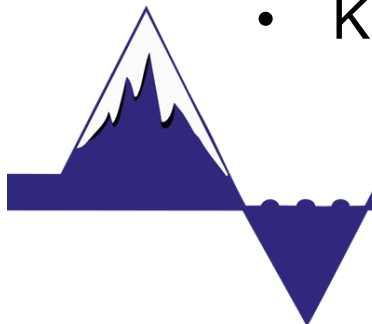
# LEARN TO SKI (LTS)

## CRITERIA

- Change minimum age to 5yrs.
- Goal is a 2/1, skier/coach ratio
- Parent education, intro to GTSC, warm & fuzzy
- Discuss equipment (gloves, boot fit, helmet, etc.)

## END GOAL:

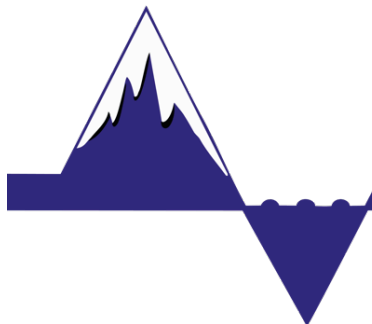
- Turn Right, Turn Left, Stop
- Ride the Bunny tow rope independently
- Put on their own equipment
- Know at least 1 of the 7 Skier Responsibility points



# ADVANCED BEGINNER

## REQUIREMENTS

- Minimum age is 5yrs (5+)
- 8/1, skier/coach ratio
- Grouped by age & ability
- Skiers must be able to perform the following skills:
  - ✓ Turn right, turn left, stop
  - ✓ Ride Birch tow to the 3<sup>rd</sup> Barrel
  - ✓ Put on their own equipment
  - ✓ Know at least 1 of the 7 skier responsibility code.



# ADVANCED BEGINNER

## END GOAL

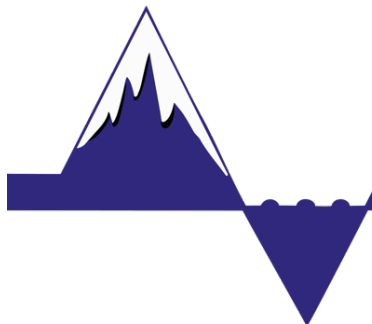
- Skiers must pass the following to advance:
  - ✓ Ride all tows independently
  - ✓ Basic parallel turn down Buck trail
  - ✓ Know all 7 points of the Skiers Responsibility Code



# INSTRUCTIONAL SKI CLINICS

## REQUIREMENTS

- Minimum age is 5yrs, maximum 6th grade.
- 7/1, skier/coach ratio
- Grouped by age & ability. **BLUE** / **BLACK** groups.
- Skiers must be able to perform the following skills:
  - ✓ Ride all tows independently
  - ✓ Basic parallel turn down Buck trail
  - ✓ Know all 7 points of the Skiers Responsibility Code



# INSTRUCTIONAL SKI CLINICS

## ABILITY LEVELS



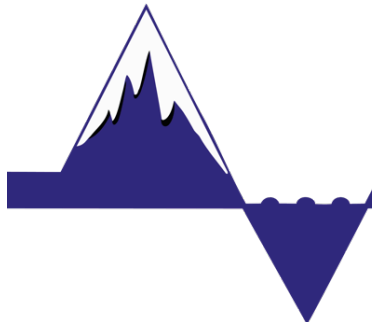
### **BLUE:**

- Meets all requirements (from Advanced Beginner)



### **BLACK:**

- More proficient at all the fundamentals, on all trails at Hickory.
- At least 1 year experience in 430/630 clinics
- Incorporates equipment in an advanced manner

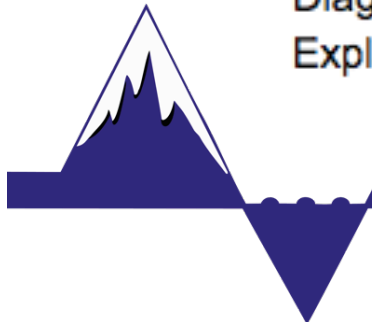


# INSTRUCTIONAL SKI CLINICS

## FEEDBACK SCORECARD

*(work in progress)*

<b>Fundamental</b>	<b>Phase</b>	<b>(1)</b>	<b>(2)</b>	<b>(3)</b>
Explain Skiers responsibility code:		—	—	—
Stance centered tip to tail:		—	—	—
Control pressure ski to ski:		—	—	—
Directing pressure to the outside ski:		—	—	—
Control edge angles with angulation and inclination:		—	—	—
Control skis rotation with leg rotation separate from the upper body:		—	—	—
Control pressure through ski snow interaction:		—	—	—
Explain equipment:		—	—	—
Diagram SL and GS courses :		—	—	—
Explain SL & GS rules:		—	—	—



# INSTRUCTIONAL SKI CLINICS

## END GOALS

### 1. Love skiing

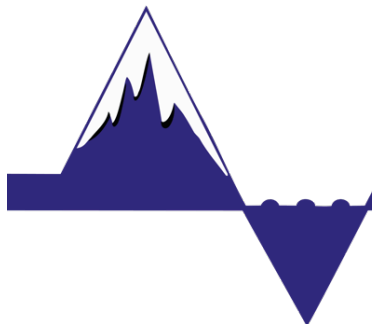
- become a skier that can ski all terrain independently

### 2. Ski on the Middle School Race Team

- perhaps race High School

### 3. Ski on the USSA Travel Team

- intends to race High School - and perhaps beyond



# MIDDLE SCHOOL RACE TEAM

## REQUIREMENTS

- Must be in 6th grade, or age/grade appropriate as allowed by coaches

## END GOAL:

- Ski all terrain independently, perhaps race on High School Team

# USSA TRAVEL TEAM

## REQUIREMENTS

- Must be in 6th grade, or age/grade appropriate as allowed by coaches
- Meets all USSA member criteria, etc.

## END GOAL:

- Race on the High School Team, and perhaps beyond.

