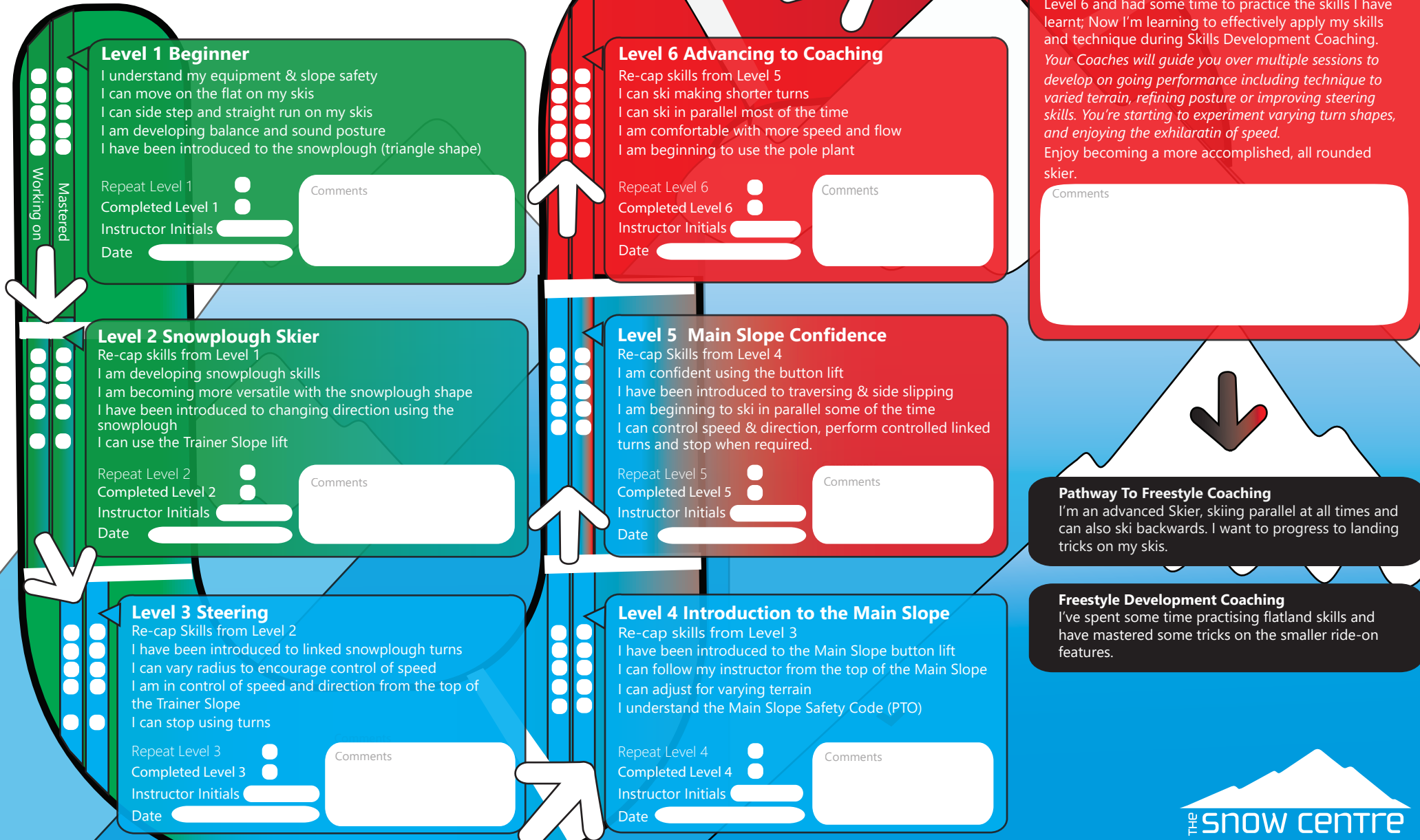


# THE SNOW CENTRE

## ADULT SKI LEARNING JOURNEY



### Level 1 Beginner

- I understand my equipment & slope safety
- I can move on the flat on my skis
- I can side step and straight run on my skis
- I am developing balance and sound posture
- I have been introduced to the snowplough (triangle shape)

Working on

Mastered

Repeat Level 1

Completed Level 1

Instructor Initials

Date

Comments

### Level 2 Snowplough Skier

- Re-cap skills from Level 1
- I am developing snowplough skills
- I am becoming more versatile with the snowplough shape
- I have been introduced to changing direction using the snowplough
- I can use the Trainer Slope lift

Repeat Level 2

Completed Level 2

Instructor Initials

Date

Comments

### Level 3 Steering

- Re-cap Skills from Level 2
- I have been introduced to linked snowplough turns
- I can vary radius to encourage control of speed
- I am in control of speed and direction from the top of the Trainer Slope
- I can stop using turns

Repeat Level 3

Completed Level 3

Instructor Initials

Date

Comments

### Level 6 Advancing to Coaching

- Re-cap skills from Level 5
- I can ski making shorter turns
- I can ski in parallel most of the time
- I am comfortable with more speed and flow
- I am beginning to use the pole plant

Repeat Level 6

Completed Level 6

Instructor Initials

Date

Comments

### Level 5 Main Slope Confidence

- Re-cap Skills from Level 4
- I am confident using the button lift
- I have been introduced to traversing & side slipping
- I am beginning to ski in parallel some of the time
- I can control speed & direction, perform controlled linked turns and stop when required.

Repeat Level 5

Completed Level 5

Instructor Initials

Date

Comments

### Level 4 Introduction to the Main Slope

- Re-cap skills from Level 3
- I have been introduced to the Main Slope button lift
- I can follow my instructor from the top of the Main Slope
- I can adjust for varying terrain
- I understand the Main Slope Safety Code (PTO)

Repeat Level 4

Completed Level 4

Instructor Initials

Date

Comments

### Skills Development Coaching

I'm confident on the Main Slope or I have completed Level 6 and had some time to practice the skills I have learnt; Now I'm learning to effectively apply my skills and technique during Skills Development Coaching. Your Coaches will guide you over multiple sessions to develop on going performance including technique to varied terrain, refining posture or improving steering skills. You're starting to experiment varying turn shapes, and enjoying the exhilaration of speed. Enjoy becoming a more accomplished, all rounded skier.

Comments

### Pathway To Freestyle Coaching

I'm an advanced Skier, skiing parallel at all times and can also ski backwards. I want to progress to landing tricks on my skis.

### Freestyle Development Coaching

I've spent some time practising flatland skills and have mastered some tricks on the smaller ride-on features.