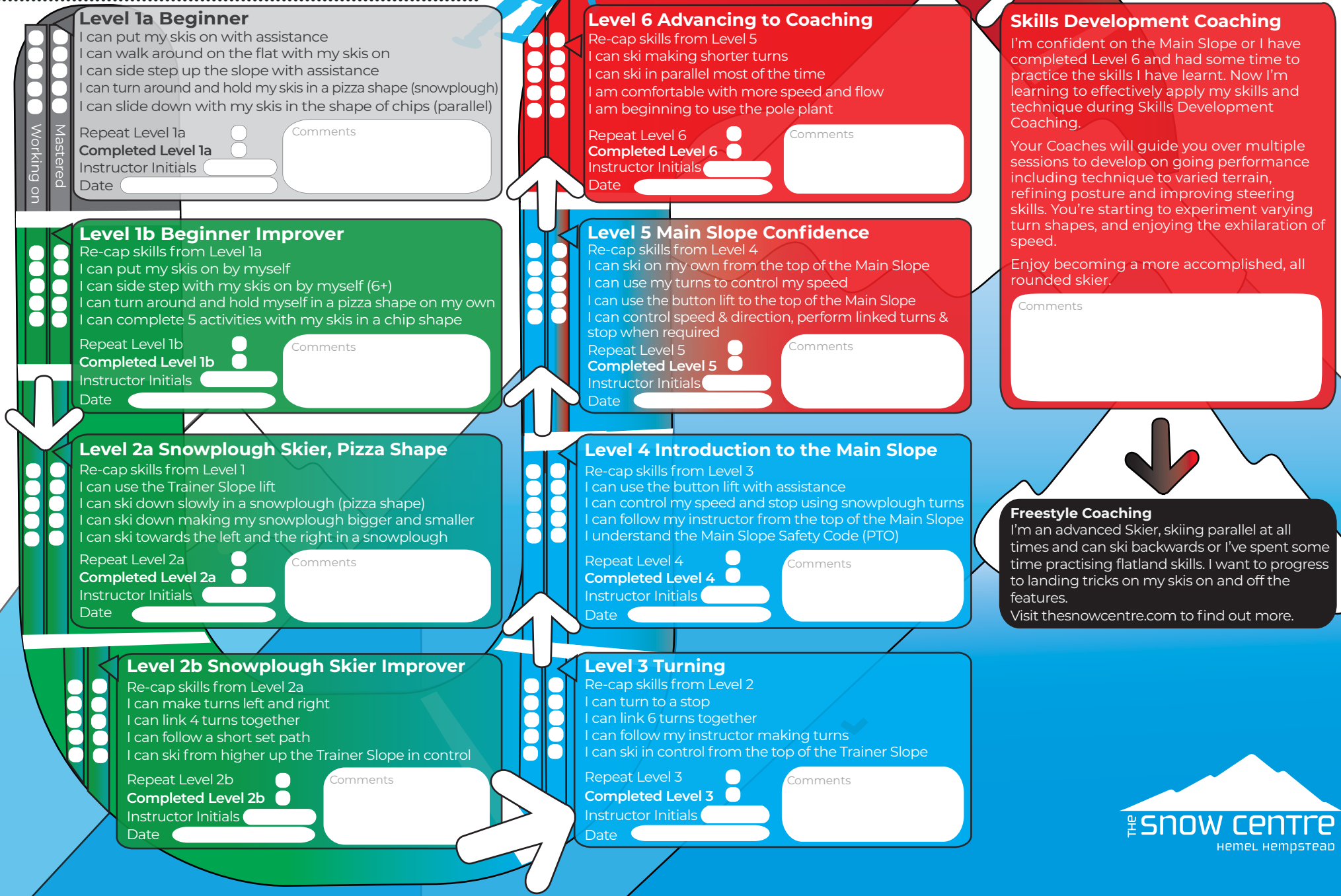


THE SNOW CENTRE

Junior Skier Learning Journey



Level 1a Beginner

- I can put my skis on with assistance
- I can walk around on the flat with my skis on
- I can side step up the slope with assistance
- I can turn around and hold my skis in a pizza shape (snowplough)
- I can slide down with my skis in the shape of chips (parallel)

Repeat Level 1a Comments

Completed Level 1a

Instructor Initials

Date

Level 1b Beginner Improver

- Re-cap skills from Level 1a
- I can put my skis on by myself
- I can side step with my skis on by myself (6+)
- I can turn around and hold myself in a pizza shape on my own
- I can complete 5 activities with my skis in a chip shape

Repeat Level 1b Comments

Completed Level 1b

Instructor Initials

Date

Level 2a Snowplough Skier, Pizza Shape

- Re-cap skills from Level 1
- I can use the Trainer Slope lift
- I can ski down slowly in a snowplough (pizza shape)
- I can ski down making my snowplough bigger and smaller
- I can ski towards the left and the right in a snowplough

Repeat Level 2a Comments

Completed Level 2a

Instructor Initials

Date

Level 2b Snowplough Skier Improver

- Re-cap skills from Level 2a
- I can make turns left and right
- I can link 4 turns together
- I can follow a short set path
- I can ski from higher up the Trainer Slope in control

Repeat Level 2b Comments

Completed Level 2b

Instructor Initials

Date

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 Comments

Completed Level 6

Instructor Initials

Date

Level 5 Main Slope Confidence

- Re-cap skills from Level 4
- I can ski on my own from the top of the Main Slope
- I can use my turns to control my speed
- I can use the button lift to the top of the Main Slope
- I can control speed & direction, perform linked turns & stop when required

Repeat Level 5 Comments

Completed Level 5

Instructor Initials

Date

Level 4 Introduction to the Main Slope

- Re-cap skills from Level 3
- I can use the button lift with assistance
- I can control my speed and stop using snowplough turns
- I can follow my instructor from the top of the Main Slope
- I understand the Main Slope Safety Code (PTO)

Repeat Level 4 Comments

Completed Level 4

Instructor Initials

Date

Level 3 Turning

- Re-cap skills from Level 2
- I can turn to a stop
- I can link 6 turns together
- I can follow my instructor making turns
- I can ski in control from the top of the Trainer Slope

Repeat Level 3 Comments

Completed Level 3

Instructor Initials

Date

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 and 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

Freestyle Coaching

I'm an advanced Skier, skiing parallel at all times and can ski backwards or I've spent some time practising flatland skills. I want to progress to landing tricks on my skis on and off the features.

Visit thesnowcentre.com to find out more.