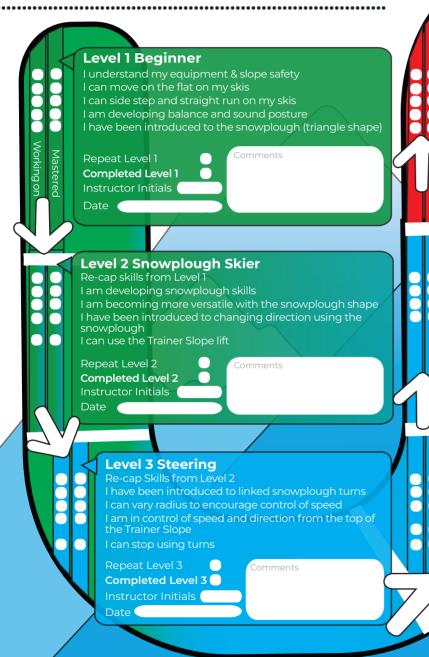
# **#Snow centre**

### **Ski** Learning Journey



## **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 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

### **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



#### **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

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

