

STUDENT SKI PROGRAM

In order to participate in the student program you must have a *student ski ID card*. The card allows students to ski at reduced rates Monday-Friday from 3pm - close (non-holiday). There are also two lessons tickets attached to the card for their first two lessons. Additional lesson tickets may be purchased at the ski school desk as needed.

The student ski program consists of seven lessons. Lessons are about 50 minutes long and start on the hour at 5pm, 6pm and 7pm. (Early in the season and late in the season we may not offer a 7pm lesson if there is little or no demand) If your group needs a 4pm or 8 pm lesson you must request this at the ski school in advance and we will accommodate you. Please make sure your beginners take their lessons as soon as possible. We reserve the right to require a minimum of 4 students per lesson.

A student must be at least **7 years old** to participate in the student patch group lesson. The student must be able to follow instructions and stay with the instructor. At the end of the lesson the instructor *does not* bring the student back to a designated area but leaves the student where their lesson ends.

Patches must be sewn on jackets, pants or turtle-necks. Patches may *not* be sewn on hats, gloves or goggles. The entire patch set must be sewn on, not just the highest patch attained. Patches are purchased at the ski school desk after the lesson and cost \$1.75 each.

At the bottom of each chairlift there are signs designating the patch necessary to board the lift. It is the responsibility of the student to make certain they are on the appropriate hill and riding the correct lift.

In each lesson we review parts of "Your Responsibility Code" and other safety issues, review the previous lesson, teach the new maneuver and grade (except for the beginner lesson).

FIRST LESSON - First time skiers. Introduction to skiing, walking, sliding, riding the rope, stopping. Skiers may ski the beginner area at the end of the lesson. There is no grading and no patch earned for the first lesson. Students may ski Bugs Bunny, Rabbit Ridge and use the beginner rope tows.

SECOND LESSON - Yellow patch may be earned. Maneuver - wedge turn. Goal - turning on beginner terrain. Students are taught to make turns using a gliding wedge. To earn a patch a student must make a controlled series of linked wedge turns. Yellow patch skier may ski advanced beginner terrain. Students may ride chair one and ski Grant's Trail.

THIRD LESSON - Brown patch may be earned. Maneuver - wedge christie. Goal - improving the wedge turn, learning to match the skis and control the skid at the end of the turn. The wedge turn will be reviewed, introduce matching and skidding skis and ski at a slightly higher rate of speed. To earn a patch a student must make a series of controlled linked wedge christie turns on intermediate terrain. Brown patch skiers may ski advanced beginner terrain and some intermediate terrain. Students may ride chairs 1-4 and include Woodward and Snowstream.

FOURTH LESSON - Blue patch may be earned. Maneuver - wedge christie II. Goal - match skis early in the turn (above the fall line), active weight transfer, improve skidding for better edging. The wedge christie is reviewed using narrow wedge and we teach active weight transfer and steering to encourage early match and controlled skid. To earn a patch the student must make a series of controlled wedge christie II turns on advanced intermediate terrain. Blue patch skiers

SNOWBOARD STUDENT PATCH PROGRAM

The Mt. Holly and Pine Knob snowboard patch program is similar to the ski program but snowboarders have their own patches and will not be allowed on the lifts or hills with skier patches.

In order to participate in the student program you must have a student snowboard I.D. card. The card allows students to snowboard at reduced rates Monday-Friday from 3pm - close (non holiday). There is one lesson ticket attached to the card. Additional lesson tickets may be purchased at the ski school desk as needed.

The student snowboard program consists of four lessons. Lessons are about 50 minutes long and start on the hour at 5pm, 6pm and 7pm. (Early in the season and late in the season we may not offer a 7pm lesson if there is little or no demand) If you have a group that needs a 4pm or 8pm lesson you must request this at the ski school desk in advance and we will accommodate you. Please make sure your beginners take their lessons at the first available time.

A student must be at least 7 years old to participate in the student patch program. The student must be able to follow instructions and stay with the instructor. At the end of the lesson the instructor does not bring the students back to a designated area but leaves the students where their lesson ended.

Patches must be sewn on jackets, pants or turtleneck. Patches may not be sewn on hats, gloves or goggles. The entire patch set must be sewn on; not just the highest attained patch.

At the bottom of each chairlift there are signs designating the patch necessary to board the lift. It is the responsibility of the student to make certain they are on the appropriate hill and riding the correct lift.

In each lesson we review parts of "Your Responsibility Code" and other safety issues, review the previous lesson, teach the new maneuver and grade (except for the beginner lesson).

FIRST LESSON - First time snowboarders. Introduction to snowboarding, stance, skating, skate and glide, edging and gliding on the flats. Straight glide, fall line sideslips, skidded traverse, and straight glide to a stop on the slope. The goal is to perform a straight glide to a stop and an elementary turn. Students may ride on the beginner hill only.

SECOND LESSON - Yellow patch may be earned. Review of the first lesson, garlands and fan exercise. The goal is to perform a basic skidded turn crossing the fall line, connected by skidded traverses. Students may ride on the green and yellow hills.

THIRD LESSON - Brown patch may be earned. Review of all previous lessons as needed. Garlands, fan exercises, rhythm turns, traverse and sideslipping and board in lanes exercises. The goal is to perform linked skidded turns showing rhythm turns. Students may ride on the green, yellow and brown patch hills.

FOURTH LESSON - Black patch may be earned. Review of the previous lesson as needed. Carved traverses, flat terrain tipping, garlands, cross-over - cross-under exercises and angulation exercises. The goal is to perform rhythmic, linked, carved turns of varying radii under complete control with no traverses between turns and a very quiet upper body. Students may ride the entire area.

WHAT STUDENTS AND PARENTS SHOULD EXPECT FOR SNOWBOARD LESSONS

Here are some very general guidelines that should help your students and their parents in understanding how a child might progress through the Student Snowboard Patch Program.

Learning to snowboard at the beginner level requires quite a bit more strength and endurance as well as having a higher frustration level than learning how to ski. Generally it is easier for young kids to learn to ski. We recommend that beginner snowboarders be at least 10 years old for the snowboard patch program.

Very often beginner snowboarders will need to repeat lessons several times before they are successful.

The snowboard learning curve is different than skiers. Snowboarding is harder to learn but easier to become proficient and skiing is easier to learn but may take years to become expert.

Using a 10 year old child of average intelligence, social and athletic skills as an example, a first year snowboarder who snowboards 6 times should have a yellow patch or advanced beginner/ lower intermediate skill level. A second year snowboarder should be at brown patch/intermediate level and a third year snowboarder should be at black patch/expert level.

Older or more athletic students may progress more quickly and younger less athletic students may take more time to acquire skills. Mileage and practice are the ingredients needed to acquire skill and the student patches.