

# ADULT SKI PERFORMER

## THURSDAY'S 7-9PM

**AIM**

TO ENCOURAGE ADULTS TO IMPROVE THEIR SKILLS, THROUGH REGULAR COACHING WITHIN A FRIENDLY AND NON-COMPETITIVE ENVIRONMENT.

THE INSTRUCTION IS INFORMAL AND CAN BE ADAPTED TO LOOK AT TECHNIQUES AT YOUR LEVEL. WE AIM TO HAVE FUN, MEET UP WITH LIKE-MINDED SKIERS AND LEARN FROM EACH OTHER.

### EVENTS

**NOV** PERSONAL DEVELOPMENT PLAN  
BUYING SKIS  
RACING INTRO/KIT/TECHNIQUE

**DEC** SKI FITNESS  
VIDEO ANALYSIS  
BBQ

**JAN** DEMO OF SKI PROGRESSION  
SALOMON DEMO  
BUMPS

**FEB** VALENTINES RACES  
SKI REPAIR  
FREESTYLE

### ENTRY

12 LINKED PLOUGH TURNS OR  
COMPLETE A 'BLUE' BLOCK



### SYLLABUS DETAIL

- \*VIDEO FOR PERSONAL DEVELOPMENT PLANS AND ANALYSIS
- \*PARALLEL TURNS LOOKING AT PRESSURE, EDGING AND TURNING
- \*CARVING, CROSSOVER AND RACING LINE THROUGH POLES
- \*INTRO TO BUMPS LOOKING AT LINE POSTURE AND BALANCE
- \*FREESTYLE THROUGH REFINING AIR TIME AND BALANCE
- \*STICKS, RHYTHM AND SHORT RADIUS TURNS



**BOB THOW**



**MARK HALL**