

Junior Ski Club

When: Sundays 9.30-11.30

Age: 8-15 years

Entry Level: Referral Only
(Minimum Standard for Slope Use)

Coach: Kenny Davidson

Aims

- To have fun
- To improve technique
- To introduce new experiences
- To prepare class to move on further to more specialised Clubs

Syllabus

- Basic stance/use of sticks/warm-ups and stretches
- Sideslip/diagonal sideslip/traversing
- Plough parallel
- Basic parallel
- Basic mogul technique
- Basic jumps and turns on quarter pipe

Events

- Small team competitions
- Photo day
- Try tubing
- Try snowboarding
- Christmas party—fancy hat comp
- Easter treasure hunt
- End of season competition + prize giving + bbq

Objectives

- Having open coached sessions
- Having lots of fun
- Having lots of practice time
- Having lots of fun
- Working on individual needs

