

Alpine First Time Experience Goals 23-24

Goals & Location	Suggested Experiences	Skills / Body Movements
Connection Lesson Meeting Area	<ul style="list-style-type: none"> · Introduce self · Interview/ask student · Ask about motivations & interests · Establish goals - why are you here? · Check equipment - do skis/snowboards fit? 	People Skills Teaching Skills
Moving in the Flats Flat Area	<ul style="list-style-type: none"> · Athletic Stance · Moving forward, sideways & turning · Boot work · 1 ski: scooter, scoot & glide toward/around target · 2 skis: walk, shuffle, glide toward/around target 	Pressure: Ankles, knees, hips & spine flex & extend Rotary: Legs rotate/turn in hip socket
Moving on a Slope Gentle Slope Bottom of Ballroom	<ul style="list-style-type: none"> · Stationary ski tip push/pull, sensation of moving with equipment · Stationary direction change: star/wagon wheel turn, bullfighter turn > glide · Uphill: herringbone/duck walk, side-step · Across the slope: traverse, garland · Down the slope: side-step, side slip, straight glide, glide stepping foot to foot, gliding wedge 	Pressure & Rotary Edging: feet tip toward little toe side/big toe side of foot; legs tip up the hill or down the hill
Sliding Direction Change Ballroom, half-way up	<ul style="list-style-type: none"> · Flat terrain, wedge figure 8 glide w/pole push · Paddle turn · Fan progression beginning at 45 degrees down slope · Gliding wedge turn, gliding parallel turn 	Rotary & Pressure
Controlling Speed	<ul style="list-style-type: none"> · Turn to a stop: 1 turn & stop, 2 turns & stop; wedge or parallel · Linked turns in both directions · Braking wedge for lift line & emergency stop 	Rotary/Pressure/Edge When legs rotate the feet wider than hips, skis will edge
Riding a Lift: Ballroom carpet	<ul style="list-style-type: none"> · Ski tip push/pull sensation of getting on carpet · Observe loading, describe riding and unloading · Ticket left pocket, no phone or credit cards · Tips up carpet, knees over toes, nose over toes, look to top · Stand in one place · Slide off carpet, step forward, exit right or left 	Pressure Pull foot up toward top of boot & flex ankles & knees to keep shin in contact with boots riding carpet
First Run on Ballroom Right/Left Ballroom	<ul style="list-style-type: none"> · New terrain – practice what they know · 1 turn & stop, linked turns · Traverse · Sideslip 	Edge Rotary
Refined Control	<ul style="list-style-type: none"> · Linking turns of varying sizes <i>LOTS OF PRACTICE</i> 	Rotary & Pressure
Riding a Chairlift Practice chair Buttercup Lift Line Area	<ul style="list-style-type: none"> · Practice chair · Observe Buttercup loading · Slide onto carpet, skis straight · Back to back, bottom to bottom, bar down · Unloading: stand, slide forward, exit right 	
Buttercup Lesson	<ul style="list-style-type: none"> · Traverse · Vary turn shape and size for speed control · Wedge, Wedge Christy, parallel 	Rotary/Pressure/Edge

Alpine First Time Experience Goals – New Hire Notes

Goals	Indoor	On Snow Day 1	On Snow Day 2	Team Teaching
Connecting with Guest				
Moving in the Flats				
Moving on a Slope				
Sliding Direction Change				
Controlling Speed				
Riding a Lift: Ballroom carpet				
First Run on Ballroom				
Refined Control/Practice				
Riding a Chairlift				
Buttercup Lesson				

