

# Alpine First Time Experience 25-26

Outcomes & Terrain	Suggested Activities
<b>Connect w/Guests</b> · Self to guest · Guests to each other  Lesson Meeting Area	· <b>Introductions</b> · Ask about <b>motivations, interests &amp; goals</b> · <b>Make a plan</b> based on guest answers · <b>Check equipment: boots, skis &amp; poles</b> , do they fit? · <b>Ticket</b> left pocket, no phone or credit cards
<b>Moving in the Flats</b>  Flat terrain to Ballroom Carpet  Flat Area at Ballroom Carpet	· <b>Boot work:</b> Walk, shuffle, slide w/pole; forward, sidestep, turn & tip · <b>Stance</b> · <b>Introduce equipment: boots, skis &amp; poles</b> · <b>1 ski:</b> scooter, scoot & slide to & around target, rotate, tip <i>FLAT TERRAIN ONLY</i> · <b>2 skis:</b> walk, shuffle, slide to & around target, rotate, tip · <b>Stationary direction change:</b> star/wagon wheel turn, figure 8 · <b>Stationary ski tip push/pull</b> , sensation of moving with equipment · <b>Getting up</b> from a fall
<b>Moving on a Slope</b>  Gentle Slope Bottom of Ballroom	· <b>Uphill:</b> herringbone/duck walk, side-step, boot walk · <b>Down the slope:</b> side-step · <b>Straight run:</b> straight run stepping foot to foot, flex/extend, hop · <b>Gliding wedge</b> , consistent speed & size · <b>Wedge Change Up:</b> wedge to parallel straight run to wedge, repeat
<b>Sliding Direction Change</b>  Ballroom, half-way up	· <b>Straight run stepping while turning skis to a stop</b> · Start at 45 degrees to fall line > Progress to starting in fall line · <b>Gliding wedge with wedge turn to a stop</b> · Repeat in both directions · <b>Getting up on a slope</b> from a fall
<b>Controlling Speed</b> Ballroom, half-way up	· <b>Link 2 wedge turns &amp; stop</b> · <b>Continuous linked wedge turns</b> with speed control through turn shape · <b>Quick Stop:</b> braking wedge for lift line, crowded situations
<b>Riding the carpet</b>  Ballroom carpet	· Ski tip push/pull sensation of getting on carpet · <b>Observe</b> loading, describe riding and unloading, outside of the lift line! · REMINDER: Ticket left pocket, no phone or credit cards · <b>Remain standing in one place while on carpet</b> · <b>Unloading:</b> Slide off carpet, herringbone step forward, exit right or left
<b>First Runs on Ballroom</b>  Right/Left Ballroom	· Review: <b>New terrain – practice what they know</b> · 1 wedge turn to a stop · 2-3 wedge turns to a stop · 4 wedge turns to a stop
<b>Refined Control</b> Ballroom Carpet	· <b>Linking wedge turns of varying sizes:</b> control speed through turn shape <i>LOTS OF PRACTICE</i>
<b>Riding a Chairlift</b>  Practice chair Buttercup Lift Line Area	· <b>Practice chair</b> · <b>Observe</b> Buttercup loading · Slide onto carpet, skis straight · <b>Chair:</b> Back to back, bottom to bottom, bar down · <b>Unloading:</b> stand, slide forward and clear unload area
<b>Buttercup Lesson</b>	· <b>Review: New terrain</b> - practice what they know · Vary turn shape and size for speed control