

Alpine First Time Experience – First Season Instructor 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				