

Alpine First Time Experience - Quick Glance

Lesson Meeting Area	1. Introduction
	2. Equipment & Ticket Check
Moving in the Flats Flat terrain to Ballroom Carpet Ballroom Carpet Flat Terrain	3. Boot work
	4. 1 & 2-Ski work
	5. Direction Change
	6. Getting up from a fall
Moving on a Slope Gentle Slope Bottom of Ballroom Carpet	7. Uphill: Herringbone, duck walk
	8. Downhill: Side-Step
	9. Straight run
	10. Gliding Wedge
	11. Wedge Change Up
Sliding Direction Change Half-Way Up Ballroom Carpet	12. Straight run step turning skis to a stop
	13. Gliding wedge with wedge turn to a stop
	14. Getting up on a slope
Controlling Speed Hal-Way Up Ballroom Carpet	15. Link 2 wedge turns & stop
	16. Continuous linked wedge turns
	17. Quick Stop: braking wedge
Riding the Carpet & First Runs & Refined Control Top to Bottom Ballroom Carpet	18. Riding Ballroom Carpet
	19. New terrain, old skills: 1 wedge turn to a stop
	20. 2-3 wedge turns to a stop
	21. 4 wedge turns to a stop
	22. Linking wedge turns of varying sizes
<div>Practice Chair</div> <div>Buttercup</div>	23. Practice Chair/Buttercup Load & Unload
	24. New terrain, old skills: Linking wedge turns of varying sizes for speed control