ON SNOW TRAINING PLAN- Self-Directed

**Personal Skiing Improvement** – Everyone

* Do one run with loose boots-top to bottom Canyon Run recommended play with fore & aft
* Gliding wedge from top to bottom-stay in a wedge entire run
* Wedge Christies
* Vary turn shape – wide/medium/short, repeat
* Railroad Tracks -
* Synchronized Skiing-handout available

Take a FREE SKI BREAK

* Review Adaptive Lesson Protocols
* Beginner Progressions
* Flatland FUN
* Reassessment of returning athletes
* Skills for Independence:

3 Ways of getting up from a fall-handout available

* Practice Lift Load/Unload-Count down

### ABC’s of Riding the Chairlift

* + **A** – Attention! Ask the Attendant if you are unsure or if you need help with the lift.
  + **B** – Bottom to Bottom, Back to Back! Keep your bottom on the seat and your back against the back of the chair.
  + **C** – Careful! Don’t fool around on the lift. Face forward for the whole ride.

**Practice with Adaptive Aids**

* Tip Connectors-know how to attach, various types depending on use (tethering or just aid for athlete, consider weight of athlete)
* Belts/Tethers/Vests-
* Ski Pal/Hula Hoop-practice with another Coach
* Barber Poles-practice with another Coach
* Pole Guiding (guiding from front of skis attached to tip connectors)
* Horse & Buggy-practice with another Coach

[[1]](#footnote-0)Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Hours Trained\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Witness\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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