

# SKI SUNSOWN SKILL LEVELS FOR CHOOSING THE RIGHT LESSON

Ski Sundown groups skiers/boarders into four categories according to skill level. These skill levels are vital in helping the Snow Sports School make proper class assignments. In order for the group members to get the most out of their lesson, it is extremely important that parents make an honest and accurate assessment of their child's abilities. The following descriptions are provided to help in this assessment.

## **Ski-Skill Levels/Lesson Content**

- 1. First Time** (*New to the sport*) - Ready to learn the basics on equipment, turning, stopping and chair lift procedures.
- 2. Novice** (*Beginner*) - Riding the chair lift and can ski independently making wedge turns on *beginner terrain*. Ready to discover linking turns, changing the size, shape and rhythm of turns, pole use, skating and introduction to parallel turns.
- 3. Intermediate**- Exploring *intermediate terrain* making small wedge or beginning parallel turns. Ready to build more confidence by skiing many different turn shapes and sizes on more challenging terrain and in different conditions.
- 4. Advanced**- Making consistent parallel turns on *advanced terrain*. Ready to explore all the mountain has to offer by learning the skills and tactics that it takes to ski steeper terrain, moguls and variable snow conditions.

## **Snowboard- Skill Levels/Lesson Content**

- 1. First Time** (*New to the sport*) - Ready to learn the basics on equipment, turning, stopping and chair lift procedures.
- 2. Novice** (*Beginner*) - Riding the chair lift and can snowboard independently controlling the direction and speed on *beginner terrain*. Ready to discover speed control through heel and toe edge movements and intro to linking turns.
- 3. Intermediate** - Exploring *intermediate terrain* using linked turns to control direction. Ready to learn speed control through turn shape and intro to carving and ground tricks.
- 4. Advanced** - Making carved turns on *advanced terrain*. Ready to discover advanced carving skills, switch riding, moguls or intro to aerials.