

**MOUNTAIN HIGH WINTER SPORTS SCHOOL
MID-DAY SKI AND SNOWBOARD ADVENTURE 2017/2018**

It is very important to correctly identify the appropriate group for each of our students. Please read the following information carefully and place your student in the correct skier or rider level. Please provide all the information on the attached form.

Terminology:

Green Terrain – Easiest runs on the mountain.

Blue Terrain – Intermediate runs on the mountain.

Black Terrain – Difficult and steep runs on the mountain.

Traverse – Going across the hill or fall line.

Fall Line – Straight down the hill or the direction a ball would roll at any given point on the slope.

Wedge Turn – Skier keeps the tails of the ski spread apart throughout the turn.

Wedge Christy Turn – Skier allows the tails of the skis to come together after the fall line into a parallel stance.

Parallel Turn – Skier keeps the skis parallel throughout the turn.

Toe Edge or Toe-side – Boarder rides on the edge nearest their toes.

Heel Edge or Heel-side – Boarder rides on the edge nearest their heels.

Falling Leaf – Traveling back and forth across the fall line while staying on one edge either toe-side or heel-side.

Linked Turns – Making connected turns to the left and right while keeping the same foot forward when traveling down the hill.

SKIER AND RIDER LEVELS

SKIERS

Never-Ever - Student has never skied before or taken a class in skiing

Beginner - Student is able to ride the lift safely and ski using a wedgeturn on the easiest beginner green runs staying in control. Student is able to stop when they want and make a very fundamental wedge turn.

Intermediate – Student can make wedge turns both right and left and is able to control their speed on all green runs and easy blue runs. Student is beginning to flow their skis into a parallel stance while traversing across the hill.

Advanced– Student can make Wedge Christy or Parallel turns on all green or blue terrain .

Freestyle – Student can make Wedge Christy or Parallel turns on all green or blue terrain and is able to ski the easiest black terrain with speed control. Student has a desire to ski the steeps and learn freestyle tricks and freestyle features such as jumps, boxes and rails.

SNOWBOARDERS

Never-Ever – Student has never snowboarded before or taken a class in snowboarding

Beginner - Student is able to ride the lift safely and snowboard using the falling leaf on at least one edge on the easiest green terrain.

Intermediate – Student can ride with speed control on all green and easy blue runs. Student can ride using the falling leaf on both the toe-side and heel-side. Student may be beginning to make some skidded single turns across the fall line.

Advanced– Student can link turns on all green and easy blue runs. Student is able to control their speed and stop when they want on all green and blue runs.

Freestyle – Student can link turns on all green and easy blue runs. Student is able to control their speed and stop when they want on all green, blue and easiest black terrain. Student has a desire to ride the steeps and learn freestyle tricks and freestyle features such as jumps, boxes and rails.