

## Adult Race Skills Training and Development

<b>Program Timing Dates</b>	Session 1 – January 6 Session 2 – January 13 Session 3 – January 20 Session 4 – January 27 Session 5 – February 10
<b>Daily Training Time</b>	12:30 to 3:00
<b>Meeting Area</b>	Race program flags in front of the main lodge
<b>Age Requirements</b>	18 years and older
<b>Equipment Requirements</b>	"High performance ski equipment" carving or race type skis. Boots, helmet and poles
<b>Prerequisites</b>	The ability to link turns on Blue terrain
<b>Objective</b>	Ski Skills: Fore aft movement, vertical and lateral movement, steering, sliding, carving, lower leg movement, rhythm, rotational stability, intro to tactical awareness, awareness of gliding and acceleration in turn and pole plant for timing.
<b>Training</b>	The goal of the program is to provide 'personal skill development' and 'getting ready for race training' activities while having a strong emphasis on the participants gaining confidence in their skiing and gate training abilities
<b>Price</b>	\$175 for all 5 sessions