

# THE SNOW CENTRE

## Junior Skier Learning Journey



**Level 1a Beginner**

- I can put my skis on with assistance
- I can walk around on the flat with my skis on
- I can side step up the slope with assistance
- I have been introduced to the Lesson Slope lift
- I can turn around and hold my skis in a pizza shape (snowplough)
- I can slide down with my skis in the shape of chips (parallel)

Work-in-progress  Comments

**Completed Level 1a**

Instructor Initials

Date

**Level 1b Beginner Improver**

- Re-cap skills from Level 1a
- I understand my Ski equipment
- I have been introduced to side stepping
- I can turn around and hold myself in a pizza shape on my own
- I can complete several activities with my skis parallel

Work-in-progress  Comments

**Completed Level 1b**

Instructor Initials

Date

**Level 2a Snowplough Skier, Pizza Shape**

- Re-cap skills from Level 1
- I can use the Lesson Slope lift (The Magic Carpet)
- I can ski down slowly in a snowplough (pizza shape)
- I can ski down making my snowplough bigger and smaller
- I can ski towards the left and the right in a snowplough

Work-in-progress  Comments

**Completed Level 2a**

Instructor Initials

Date

**Level 2b Snowplough Skier Improver**

- Re-cap skills from Level 2a
- I can make turns left and right
- I can link multiple turns together
- I can follow a short set path
- I can ski from higher up the Lesson Slope in control

Work-in-progress  Comments

**Completed Level 2b**

Instructor Initials

Date

**Level 6 Advancing Skills**

- Re-cap skills from Level 5
- I can ski making shorter turns
- I can ski in parallel most of the time
- I am comfortable with more speed and flow
- I am developing posture and balance

Work-in-progress  Comments

**Completed Level 6**

Instructor Initials

Date

**Level 5 Blending Steering Skills**

- Re-cap skills from Level 4
- I can ski on my own from the top of the Main Slope
- I can use my turns to control my speed
- I can use the button lift to the top of the Main Slope
- I can control speed & direction, perform linked turns & stop when required

Work-in-progress  Comments

**Completed Level 5**

Instructor Initials

Date

**Level 4 Improving Steering**

- Re-cap skills from Level 3
- I can use the button lift with assistance
- I can control my speed and stop using snowplough turns
- I can follow my instructor from the top of the Main Slope
- I understand the Main Slope Safety Code (PTO)

Work-in-progress  Comments

**Completed Level 4**

Instructor Initials

Date

**Level 3 Basic Steering**

- Re-cap skills from Level 2
- I can turn to a stop
- I can link more than four turns together
- I can follow my instructor making turns
- I can ski in control from the top of the Lesson Slope

Work-in-progress  Comments

**Completed Level 3**

Instructor Initials

Date

**Skills Development Coaching**

I'm confident on the Main Slope or I have completed Level 6 and had some time to practice the skills I have learnt. Now I'm learning to effectively apply my skills and technique during Skills Development Coaching.

Your Coaches will guide you over multiple sessions to develop on-going performance including technique to varied terrain, refining posture and improving steering skills. You're starting to experiment varying turn shapes, and enjoying the exhilaration of speed.

Enjoy becoming a more accomplished, all round skier.

Comments

**Freestyle Coaching**

I'm an advanced Skier, skiing parallel at all times and can ski backwards or I've spent some time practising flatland skills. I want to progress to landing tricks on my skis on and off the features.

Visit [thesnowcentre.com](http://thesnowcentre.com) to find out more.