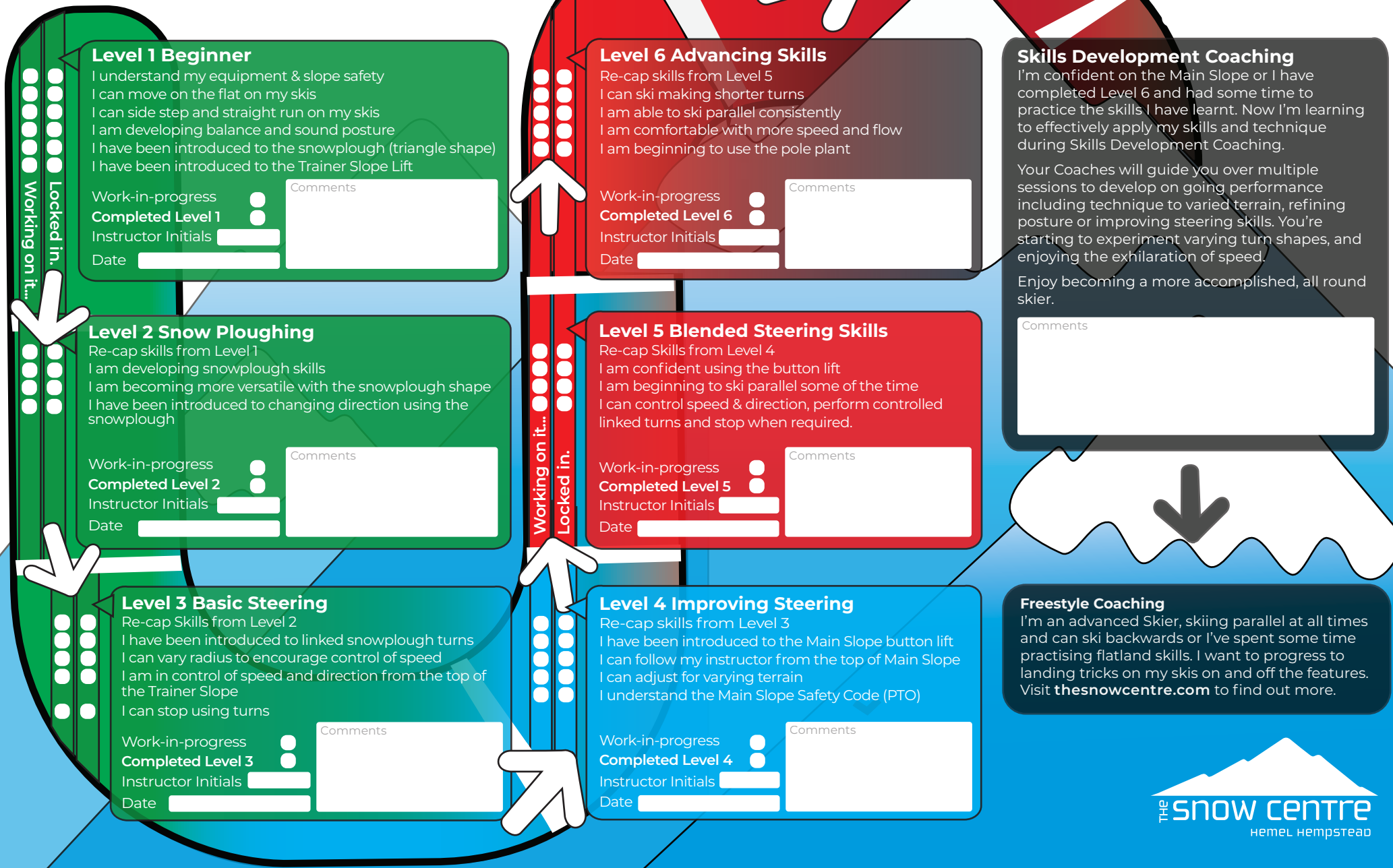


# THE SNOW CENTRE

## Ski Learning Journey



### Level 1 Beginner

I understand my equipment & slope safety  
I can move on the flat on my skis  
I can side step and straight run on my skis  
I am developing balance and sound posture  
I have been introduced to the snowplough (triangle shape)  
I have been introduced to the Trainer Slope Lift

Work-in-progress

Comments

Completed Level 1

Instructor Initials

Date

### Level 2 Snow Ploughing

Re-cap skills from Level 1  
I am developing snowplough skills  
I am becoming more versatile with the snowplough shape  
I have been introduced to changing direction using the snowplough

Work-in-progress

Comments

Completed Level 2

Instructor Initials

Date

### Level 3 Basic Steering

Re-cap Skills from Level 2  
I have been introduced to linked snowplough turns  
I can vary radius to encourage control of speed  
I am in control of speed and direction from the top of the Trainer Slope  
I can stop using turns

Work-in-progress

Comments

Completed Level 3

Instructor Initials

Date

### Level 6 Advancing Skills

Re-cap skills from Level 5  
I can ski making shorter turns  
I am able to ski parallel consistently  
I am comfortable with more speed and flow  
I am beginning to use the pole plant

Work-in-progress

Comments

Completed Level 6

Instructor Initials

Date

### Level 5 Blended Steering Skills

Re-cap Skills from Level 4  
I am confident using the button lift  
I am beginning to ski parallel some of the time  
I can control speed & direction, perform controlled linked turns and stop when required.

Work-in-progress

Comments

Completed Level 5

Instructor Initials

Date

### Level 4 Improving Steering

Re-cap skills from Level 3  
I have been introduced to the Main Slope button lift  
I can follow my instructor from the top of Main Slope  
I can adjust for varying terrain  
I understand the Main Slope Safety Code (PTO)

Work-in-progress

Comments

Completed Level 4

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 or 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.