



Station Teaching

Station #1: Boots only – located by Red Fence/SnowSports Banner

- Work on Stance in boots only, flex ankles forward (knees over skis)
- Bowties in the snow, Toes in/heals out – walk shuffling in their boots.

Station #1a

- Show Tip/Tail – How to put skis on/off - One Ski Scooter– two skis on - step into wedge/hop into wedge/slide into wedge – shuffle skis round.
- Learn to side step or duck walk up the small incline by red fence

Station #1b – Gliding Wedge (by red fence area)

- Practice sidestep in shallow pitch by red fence area
- Practice gliding wedge in shallow pitch by red fence area

Station #2: Green & Blue brushes – (Greely's Way Carpet off to the right)

- Gliding wedge to a stop down Greely's Way, eyes up, hands reaching down the hill
- Straight run to a wedge/to a complete stop

Station #3: Greely's Way Carpet/ Learning to Turn - (Greely's Way Carpet off to the left)

- Blue and Red Turn dots; brush the right tail of the ski towards the red dot (right ski) – look toward the upcoming blue dot, brush the tail of the ski towards the blue dot (left ski) – repeat through the course then come to a complete stop between the two dots at the bottom.

Station #4: Test Station/St. Moritz Carpet (exit right off carpet)

Able to do complete turns through the brush course, keep speed in control; come to a complete stop at the end by the instructor.

To help your day at Giants Ridge run smoothly, please see a few helpful hints below;

- There will be one Chaperone at each of the 4 Stations.
- Students will be encouraged to pass through all 4 Stations before they break for lunch
- Giants Ridge instructors will remain at the Stations for 2 hours, teaching times starts when first student leaves the rental area.