



Giants Ridge GROM Adventure Program

Parent Handbook ~ 2024/2025

The GROM Adventure Program is a weekly program for enthusiastic 5 & 6-year-old skiers. (must turn 5 years old on or before September 1st 2024) This program provides skiers a one day a week program to further develop their downhill skiing skills. The emphasis for this program will be establishing balance over natural terrain elements, and an introduction to a structured training environment. Training aids are used to direct the athlete into varied turn shapes relative to the fall line and challenge the athlete to increase confidence in a fun and safe environment. The goal of this program is having fun on the mountain with friends and building turning and natural terrain skills. This group will primarily be utilizing the Sarajevo Lift, but will venture to the others as well, athletes will have assistance on the lift when needed.

Through the duration of this program, if an athlete shows interest in Alpine Racing, are proficient at riding the Helsinki Chair independently, and are able to confidently ski on Blue Runs. At the time their parent(s) will have the opportunity to meet with D-Team Coaches for a skills assessment.

This is NOT a learn to ski program. Minimum requirements: Some alpine skiing experience, must be able to stop at will, link turns and control speed on ALL Green Runs, also exploring terrain on Blue Runs to join this program. Athletes must also turn 5 years old as of September 1, 2024 to join Giants Ridge GROM Adventure Program.

Giants Ridge GROM Adventure Program Coaches

- Andrea Dahl
 - PSIA Level 3 Trainer
- Assisted by Mountain Sports School trained ski instructors.
 - Assistant Coaches will assist the athletes getting on/off the Chairlift when needed

Giants Ridge GROM Adventure Program Practice Dates:

- **Practice Times** ~ Saturdays 1:00 PM – 3:00 PM
 - December 7~ “*Try it Day*” ~ Ski with the Coaches
 - December 14
 - December 21
 - January 4
 - January 11
 - January 25
 - February 1
 - February 8
 - February 22
 - March 1 - (End of Season Pizza Party, following practice)
 - No Practice Holidays (Dec 28, Jan 18, Feb 15)



Program Cost: \$250 – (Lift Ticket NOT included in pricing)

Meeting Area for GROM Adventure Program

- December 7th “Try it Day” **meet ready to ski**, 1:00 PM at the Mountain Sports meeting flags between the two chalets
- December 14th and all remaining practices
 - Meet ready to ski at the Mountain Sports School meeting area
 - Located between the two chalets by the Blue Banner/Red Fence
- If you are late for practice where to meet?
 - Check in with the Mountain Sports School, they will radio the Coach to come pick them up.

Required Equipment

- **Boots, Skis, Poles, Snow Sports specific helmet, Goggles, and a neck-gaiter**

Conduct

- Ensure your child knows and can adhere to the Responsibility Code
- What is expected of my child when it comes to conduct? Answer: As a member of the Giants Ridge GROM Adventure Program you are representing not only yourselves, but also the Coaches and Giants Ridge Ski Area. Skiers are expected to conduct themselves in a respectful manner at all times and understand the public’s right to ski on the same hills on which we train. Members of the Giants Ridge GROM Adventure Program are expected to display good sportsmanship at all times.
- Please never leave the practice area without informing a Coach. When possible, we will have an Assistant Coach accompany the athlete.
- No horseplay on the lift or in lift lines

We hope this handbook is helpful in familiarizing you with our Giants Ridge GROM Adventure Program. We strive each season to keep our skiers and parents informed through this handbook and periodic updates. If you have any further questions that were not answered in this handbook, please feel free to call, I am happy to help.

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