



Giants Ridge GROM Adventure Program

Parent Handbook ~ 2025/2026

GROM Adventure Program

The **GROM Adventure Program** is designed for enthusiastic skiers ages **5 and 6** (must turn 5 by **September 1, 2025**). This one-day-per-week program focuses on building a strong foundation of skiing skills in a fun, supportive environment.

- **Program Focus:**
 - Developing balance over natural terrain features
 - Introducing athletes to a structured training environment
 - Using training aids to encourage varied turn shapes and build confidence
 - Having fun on the mountain with friends while improving turning and terrain skills
- **Terrain & Lifts:**
 - The Sarajevo Lift will be used most often, with opportunities to explore other lifts as skills progress
 - Athletes will receive assistance on lifts when needed
- **Pathway to Alpine Racing:**
 - As the program progresses, athletes who show interest in racing, can ski blue runs confidently, and can ride the Helsinki Chair independently may be evaluated for the D-Team
 - Parents will have the opportunity to meet with D-Team Coaches for a skills assessment if their child is ready for this next step

Important – Program Requirements

The **GROM Adventure Program** is not a “**First timers ski**” program. Athletes must meet the following minimum requirements to participate:

- Some prior alpine skiing experience
- Ability to **stop on command**
- Ability to **link turns** and **control speed** on all green runs
- Actively exploring terrain on **blue runs**
- Must be **5 years old by September 1, 2025**

Giants Ridge GROM Adventure Program Coaches (TBD)

- Allie Hill – Lead Coach ~ PSIA L1, CS1 Children’s Certified
- Lily Larson
- Assisted by Mountain Sports School trained ski instructors.
 - Assistant Coaches will help athletes with chairlift loading and unloading as needed

Giants Ridge GROM Adventure Program Practice Dates:

- **Practices times** ~ Saturdays 1:PM – 3:PM
 - December 6 (Try it Day) – Ski with coaches
 - December 13
 - December 20
 - January 3
 - January 10
 - January 24
 - January 31
 - February 7
 - February 21
 - February 28
 - March 7 (End of season Pizza Party following practice)
 - No Practice Holidays (Dec 27, Jan 17, Feb 14)



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

Meeting Area for GROM Adventure Program

- December 6th “Try it Day” **meet ready to ski**, 1:00 PM at the Mountain Sports meeting flags between the two chalets
- December 13th 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
- SnowSports-specific helmet (required)
- Goggles
- Neck gaiter

Conduct Expectations

As a member of the **Giants Ridge GROM Adventure Program**, athletes are expected to:

- Know and follow **Your Responsibility Code**
- Represent themselves, their coaches, and Giants Ridge Ski Area with **respect at all times**
- Recognize that the public has the right to ski on the same terrain where we train

- Display **good sportsmanship** on and off the hill
- Remain in the practice area unless a coach has been informed
 - When possible, an Assistant Coach will accompany athletes who need to leave
- Avoid horseplay on lifts or in lift lines

We're so excited to have your family as part of the **Giants Ridge GROM Adventure Program!** This handbook is here to give you a head start on what to expect, but we'll also share updates throughout the season to keep you informed.

If you ever have questions—big or small—please don't hesitate to reach out. We're always happy to help, and we look forward to a fun-filled season of skiing, learning, and making memories together.

Heidi Jo Karlsson ~ PSIA Level 3 Trainer, CS2 Children's Certified
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