

Mt. Sima Snow School



2011/2012 Registration Form

Please print clearly and ensure all information is accurate and complete.

Parent/ Guardian Last Name _____ Parent/ Guardian First Name _____

Street _____ Unit# _____ City _____ Postal Code _____
 () () ext. ()

Home Telephone _____ Work Telephone _____ Fax _____ E-Mail _____

	Participant Name		Date of Birth (mm/dd/yy)	Level 1-7	Program code/ Lesson name	Date	Program Fee	Add Rental (if not included)
	Last Name	First Name						
							\$	\$
							\$	\$
							\$	\$
Lessons	Ski <input type="checkbox"/>			Snowboard <input type="checkbox"/>				
	6 WEEK CLUB			Sat <input type="checkbox"/>	Sun <input type="checkbox"/>	Program Total:	Rental Total:	
	Total							

Rentals	<input type="checkbox"/> Snowboard		<input type="checkbox"/> Ski	
	Age:	Weight:	Shoe Size:	
	Snowboard: <input type="checkbox"/> left foot forward <input type="checkbox"/> right foot forward	Skier Type:		

Payment	<input type="checkbox"/> Cash <input type="checkbox"/> Debit <input type="checkbox"/> MasterCard <input type="checkbox"/> Visa			
	Card Number:	Expiry Date:	CSC# (three digits)	
	Name on Card:	Signature:		
	Please Print		I hereby authorize the debit to my credit card	

For Office use only	Registration Accepted: <input type="checkbox"/> E-mail <input type="checkbox"/> Mail <input type="checkbox"/> Fax <input type="checkbox"/> In Person
	Date Processed: _____ Cashier: _____
	Confirmed by fax, phone, mail, and e-mail: Initial: _____

Great Northern Ski Society
 Box 30103
 Whitehorse, Yukon
 Y1A 5M2

Mt. Sima Snow School
 Phone: (867) 668-4557 ext. 1
 Fax: (867) 633-6340
 snowschool@mountsima.com

SKI Ability Level 2011/2012

LEVEL	Prerequisites	Goal	Terrain	Tasks
YELLOW 1	Never ever	Sliding on ski's Turn 1 way or both ways Knows how to put on ski's Snowplow stop	Bunny Hill	Snow Plow Straight Run to a stop
GREEN 2	Can put their own ski's on Can stop	Load on/off Sundance Turn both ways Turn to stop	Bunny Hill	Put on/off equipment Turn both ways through obstacle's Turn to stop 1 way
RED 3	Can turn to stop	Load on/off Cascade Big and small shape turns Side slip on green terrain	Bunny Hill Chairlift	Can hop on ski's Side slip steep terrain Big and small turn shape
BLUE 4	Side slip steeper terrain Load/unload off any chair	Match ski's on green terrain Can ski all runs off Cascade Ski varied terrain Intro to blue terrain	Chairlift Green Terrain Blue Terrain	Match ski's at the end of turns Intro to blue terrain Intro to pole plant
SILVER 5	Comfortable on blue runs	Ride every chair Intro to black Intro to bumps Intro to carving	Chair lift Green Terrain Blue Terrain	Intro to black terrain Ski bumps Intro to carving
GOLD 6	Wants New Challenges Comfortable on all black terrain	Advanced Carving Intermediate bumps on Constellation Intro to rhythm & Timing	Chair lift Blue Terrain Black Terrain	Intro to rhythm and timing Advanced carving Advanced terrain
BLACK 7	Comfortable skiing at fast pace All lifts including North American	Rhythm and timing in all terrain Advanced bumps	All Piste's	Sliding 360 on snow Advanced bumps with speed Comfortable skiing All terrain

SNOWBOARD Ability Levels 2011/2012

LEVEL	Prerequisites	Goal	Terrain	Tasks
YELLOW 1	Never ever	To control speed and direction using a sideslip.	Bunny Hill	Skating, climbing, sideslip, pendulum, power pendulum. (Develops all skills)
GREEN 2	Can control speed and direction using a sideslip on both edges	To learn to turn both ways and eventually link them.	Bunny Hill	Garland turn or fall line edge change, dance exercise, unassisted turns with stop, linked turns. (Develops all skills)
RED 3	Can link turns on Bunny hill	To ride chair and progress to riding green terrain with control of speed.	Green terrain	Explore turn shape and size using follows the leader. Introduction vertical body movement and prepare for steeper terrain (ED & PC)
BLUE 4	Can ride green terrain in control using novice style turns.	To ride blue terrain in control and start challenging balance in variable terrain	Groomed Blue terrain	Vertical body movement. Intro to steeper terrain. Working on controlling pressure improving pivoting to ride new terrain and introducing to lower body steering (knee steering, 360s on snow, motorboat turns, hop turns) (SB and PS)

<p>SILVER 5</p>	<p>Can comfortably turn on blue terrain.</p>	<p>To explore black terrain and blue variable terrain. Intro to man made terrain such as terrain park and boarder cross and challenge pressure control skills through terrain and maneuver. Introduction to carving</p>	<p>Groomed black terrain Groomed blue terrain . Small Terrain Park features</p>	<p>Pressure control (PC) skills to create, release, and manage pressure whilst challenging balance ex. boarder cross, traverse across bumps. Intro to switch riding. Intro to carving Introduction to popping of small jumps terminology and etiquette in the park. Speed checks, flat based riding,</p>
<p>GOLD 6</p>	<p>Can ride groomed black terrain, Can carve on green terrain. Consistent on variable blue terrain and can ride small park features. Wants new challenges</p>	<p>To ride on groomed black terrain and further experimentation with moving along planes of balance, intro to rhythm and timing in and out of the terrain park.</p>	<p>Blue and black terrain Suitable terrain park features.</p>	<p>Carving turns on green and mellow blue terrain and its uses on the mountain (ED). Short Radius (advanced sliding) turns down steeper terrain and increased difficulty of switch riding. Introduction to counter rotation</p>
<p>BLACK 7</p>	<p>Can ride all terrain</p>	<p>Further exploration all over the mountain with a focus on aggressive and agile riding. Introduction to down unweighting and dynamic turning and it's uses.</p>	<p>All terrain Park pipe</p>	<p>Continuation of using the lower body to speed checks), Intro to inclination, advanced carving Controlling pressure dolphin turns etc. Refinement of experimentation in terrain park.</p>