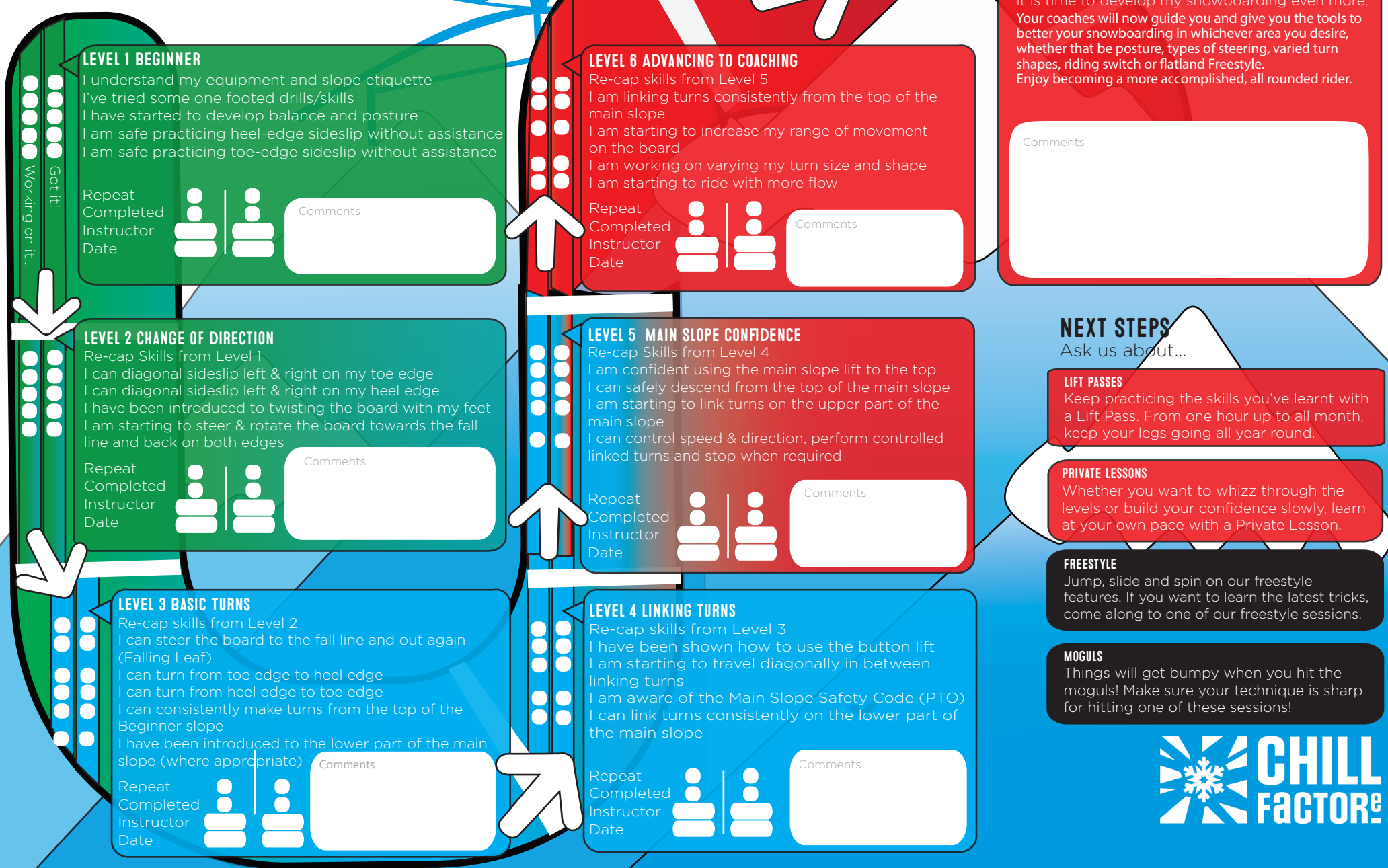




ADULT SNOWBOARDER LEARNING JOURNEY



LEVEL 1 BEGINNER

I understand my equipment and slope etiquette
I've tried some one footed drills/skills
I have started to develop balance and posture
I am safe practicing heel-edge sideslip without assistance
I am safe practicing toe-edge sideslip without assistance

Repeat
Completed
Instructor
Date



Comments

LEVEL 6 ADVANCING TO COACHING

Re-cap skills from Level 5
I am linking turns consistently from the top of the main slope
I am starting to increase my range of movement on the board
I am working on varying my turn size and shape
I am starting to ride with more flow

Repeat
Completed
Instructor
Date



Comments

SKILLS DEVELOPMENT COACHING

I am already comfortable on the Main Slope. Now it is time to develop my snowboarding even more. Your coaches will now guide you and give you the tools to better your snowboarding in whichever area you desire, whether that be posture, types of steering, varied turn shapes, riding switch or flatland Freestyle. Enjoy becoming a more accomplished, all rounded rider.

Comments

LEVEL 2 CHANGE OF DIRECTION

Re-cap Skills from Level 1
I can diagonal sideslip left & right on my toe edge
I can diagonal sideslip left & right on my heel edge
I have been introduced to twisting the board with my feet
I am starting to steer & rotate the board towards the fall line and back on both edges

Repeat
Completed
Instructor
Date



Comments

LEVEL 5 MAIN SLOPE CONFIDENCE

Re-cap Skills from Level 4
I am confident using the main slope lift to the top
I can safely descend from the top of the main slope
I am starting to link turns on the upper part of the main slope
I can control speed & direction, perform controlled linked turns and stop when required

Repeat
Completed
Instructor
Date



Comments

NEXT STEPS

Ask us about...

LIFT PASSES

Keep practicing the skills you've learnt with a Lift Pass. From one hour up to all month, keep your legs going all year round.

PRIVATE LESSONS

Whether you want to whizz through the levels or build your confidence slowly, learn at your own pace with a Private Lesson.

FREESTYLE

Jump, slide and spin on our freestyle features. If you want to learn the latest tricks, come along to one of our freestyle sessions.

MOGULS

Things will get bumpy when you hit the moguls! Make sure your technique is sharp for hitting one of these sessions!

LEVEL 3 BASIC TURNS

Re-cap skills from Level 2
I can steer the board to the fall line and out again (Falling Leaf)
I can turn from toe edge to heel edge
I can turn from heel edge to toe edge
I can consistently make turns from the top of the Beginner slope
I have been introduced to the lower part of the main slope (where appropriate)

Repeat
Completed
Instructor
Date



Comments

LEVEL 4 LINKING TURNS

Re-cap skills from Level 3
I have been shown how to use the button lift
I am starting to travel diagonally in between linking turns
I am aware of the Main Slope Safety Code (PTO)
I can link turns consistently on the lower part of the main slope

Repeat
Completed
Instructor
Date



Comments

