

## STONEY CREEK HIGH SCHOOL SKI & SNOWBOARD CLUB FREQUENTLY ASKED QUESTIONS

Can I ski over the holidays with my membership discount?

*Pine Knob will give you \$5.00 off regular holiday lift ticket prices.*

Is my membership discount interchangeable with Mt. Holly? Yes.

Do I have to take lessons?

*Yes, that is part of the ski club rules made by Pine Knob. Please see the Patch system information sheets.*

If I use up my TWO free ski (or ONE free snowboard) lessons can I get more at a discount?

*Yes, \$7.50 for ski and \$15.00 for snowboard at the ski school desk or just buy a new membership card for \$15.00 at the Hart Sponsor Table on Thursday nights.*

Is there an easy way to get information about Pine Knob besides the phone?

*Yes! [www.skipineknob.com](http://www.skipineknob.com)*

How can I get my lift tickets/rental forms/membership tickets?

*You can buy directly from The Ski Club Sponsor in the Pinery Lounge from 3:00-6:30pm on Thursday nights or at school Thursdays during the day.*

Can parents or siblings join and get the discounts?

*Yes, siblings will have the same rules. Parents will have the \$15.00 lift price on the day of ski club and must use the \$5.00 off the regular price punch system on the bottom of their membership card on other days.*

Can I get a discount on other days?

*If we are not going as a club, or have canceled the bus and club for poor weather conditions, you may get your lift tickets M-F after 3:00 p.m. at a discount from Pine Knob with your membership card.*

What about dinner?

*You may brown bag it or buy at the Pine Knob cafeteria. (\$ Bring money \$)*

Where do I put my stuff at pine knob?

*We will have a table set up in the Pinery lounge for kids to put their stuff and ask questions if needed.*

Can I bring a friend to ski with me on Thursday nights?

*YES, You can bring a friend with you; however, if he/she would like to receive the discounted ticket price, they must join the Stoney Ski & Snowboard club.*

*For liability purposes, we can only sell lift tickets to students with membership cards. Your friend can purchase regular price lift tickets from the Pine Knob ticket counter.*

## PINE KNOB'S STUDENT SKI PATCH PROGRAM

In order to participate in the student program you **must** have a **student ski ID card**. The card allows students to ski at reduced rates Monday-Friday from 3pm - close (non-holiday). There are also two lessons tickets attached to the card for their first two lessons. Additional lesson tickets may be purchased at the ski school desk as needed or by visiting the Hart Sponsor Table (Thursdays) to purchase another membership card.

The student ski program consists of seven lessons. Lessons are about 50 minutes long and start on the hour at 5pm, 6pm and 7pm. (Early in the season and late in the season we may not offer a 7pm lesson if there is little or no demand) If your group needs a 4pm or 8 PM lesson you must request this at the ski school in advance and we will accommodate you. Please make sure your beginners take their lessons as soon as possible. We reserve the right to require a minimum of 4 students per lesson.

A student must be at least **7 years old** to participate in the student patch group lesson. The student must be able to follow instructions and stay with the instructor. At the end of the lesson the instructor does not bring the student back to a designated area but leaves the student where their lesson ends. **Please remind your parents and students that all levels of lessons are not available at all times. Our lesson schedule is based on group demand.**

Patches may not be sewn on hats, gloves or goggles. The entire patch set should be sewn or worn on an arm band, do not just wear the highest patch attained. For returning club members, you must re-take the lesson of the highest level of patch received last year to obtain your "2008" patch. **IF YOU LOSE A PATCH, YOU MUST RETAKE THE LESSON.** For liability purposes, the Ski School cannot re-issue a patch based on your word. The student will have to re-demonstrate his/her abilities and re-earn the patch. Patches are purchased at the ski school desk after the lesson and cost \$2.00 each.

At the bottom of each chairlift there are signs designating the patch necessary to board the lift. It is the responsibility of the student to make certain they are on the appropriate hill and riding the correct lift.

In each lesson we review parts of "**Your Responsibility Code**" and other safety issues, review the previous lesson, teach the new maneuver and grade (except for the beginner lesson).

**FIRST LESSON** - First time skiers. Introduction to skiing, walking, sliding, riding the rope, stopping. Skiers may ski the beginner area at the end of the lesson. There is no grading and no patch earned for the first lesson. Students may ski Seedling, Bristlecone and Tamarack and ride the beginner rope tow.

**SECOND LESSON** - Yellow patch may be earned. Maneuver - wedge turn. Goal - turning on beginner terrain. Students are taught to make turns using a gliding wedge. To earn a patch a student must make a controlled series of linked wedge turns. Yellow patch skier may ski advanced beginner terrain. Students may use the rope tow, chair 1 and ski Seedling, Bristlecone and Tamarack.

**THIRD LESSON** - Brown patch may be earned. Maneuver - wedge christie. Goal - improving the wedge turn, learning to match the skis and control the skid at the end of the turn. The wedge turn will be reviewed, introduce matching and skidding skis and ski at a slightly higher rate of speed. To earn a patch a student must make a series of controlled linked wedge christie turns on intermediate terrain. Brown patch skiers may ski advanced beginner terrain and some intermediate terrain. Students may ride chairs 1, 2, 4 & 5 and ski Quicksilver, Mansion Run and Cedar Bowl.

**FOURTH LESSON** - Blue patch may be earned. Maneuver - wedge christie II. Goal - match skis early in the turn (above the fall line), active weight transfer, improve skidding for better edging. The wedge christie is reviewed using narrow wedge and we teach active weight transfer and steering to encourage early match and controlled skid. To earn a patch the student must make a series of controlled wedge christie II turns on advanced intermediate terrain. Blue patch skiers may ski intermediate terrain and some advanced intermediate terrain. Students may ride chairs 1, 2, 3, 4 & 5 and include Snowbird, Pinery and Intrepid.

**FIFTH LESSON** - Red patch may be earned. Maneuver - parallel turns. Goal - start turns with skis parallel, finish turns using angulation and some carve. The wedge christie II is reviewed and we teach the student to steer parallel skis to initiate turns. Finishing the turn with more carve and less skid. Ski poles should be used for balance, as a timing device and to help the flow of movement. Red patch skiers may ski all intermediate terrain and most advanced terrain. Students may ride chairs 1 - 5 and ski the entire area except The Wall.

**SIXTH LESSON** - White patch may be earned. Maneuver - medium radius parallel turns. Goal - parallel turns with little skidding or chatter and show proper pole use. Parallel turns are reviewed with emphasis on edging and pressuring the skis. The white patch skier may ride chairs 1 - 5 and ski the entire area except The Wall.

**SEVENTH LESSON** - Black patch may be earned. Maneuver - short radius parallel turns and moguls. Lesson will concentrate on quicker more active movements turning in the fall line and then an introduction to mogul skiing. Black patch skiers are expected to be expert skiers and may ski the entire area.

## PINE KNOB'S STUDENT SNOWBOARD PATCH PROGRAM

The Pine Knob snowboard patch program is similar to the ski program but snowboarders have their own patches and **will not** be allowed on the lifts or hills with skier patches. In order to participate in the student program you must have a **student snowboard ID card**. The card allows students to snowboard at reduced rates **Monday-Friday from 3pm - close** (non-holiday). There is one lesson ticket attached to the card. Additional lesson tickets may be purchased at the ski school desk as needed or by visiting the Hart Sponsor Table (Thursdays) to purchase another membership card.

The student snowboard program consists of four lessons. Lessons are about 50 minutes long and start on the hour at 5pm, 6pm and 7pm. (Early in the season and late in the season we may not offer a 7pm lesson if there is little or no demand) If you have a group that needs a 4pm or 8pm lesson you must request this at the ski school desk in advance and we will accommodate you. Please make sure your beginners take their lessons at the first available time.

A student must be at least 7 years old to participate in the student patch program. The student must be able to follow instructions and stay with the instructor. At the end of the lesson the instructor does not bring the students back to a designated area but leaves the students where their lesson ended. Patches should be sewn or worn in an elastic band so as to be visible to the lift attendant. For returning club members, you must re-take the lesson of the highest level of patch received last year to obtain your "2008" patch. IF YOU LOSE A PATCH, YOU MUST RETAKE THE LESSON. For liability purposes, the Ski School cannot re-issue a patch based on your word. The student will have to re-demonstrate his/her abilities and re-earn the patch. Patches are purchased at the ski school desk after the lesson and cost \$2.00 each

At the bottom of each chairlift there are signs designating the patch necessary to board the lift. It is the responsibility of the student to make certain they are on the appropriate hill and riding the correct lift. In each lesson we review parts of **"Your Responsibility Code"** and other safety issues, review the previous lesson, teach the new maneuver and grade (except for the beginner lesson).

**FIRST LESSON** - First time snowboarders. Introduction to snowboarding, stance, skating, skate and glide, edging and gliding on the flats. Straight glide, fall line sideslips, skidded traverse, and straight glide to a stop on the slope. The goal is to perform a straight glide to a stop and an elementary turn. Students may ride on the beginner hill only.

**SECOND LESSON** - Yellow patch may be earned. Review of the first lesson, garlands and fan exercise. The goal is to perform a basic skidded turn crossing the fall line. connected by skidded traverses. Students may ride on the green and yellow hills.

**THIRD LESSON** - Brown patch may be earned. Review of all previous lessons as needed. Garlands, fan exercises, rhythm turns, traverse and sideslipping and board in lanes exercises. The goal is to perform linked skidded turns showing rhythm turns. Students may ride on the green, yellow and brown patch hills.

**FOURTH LESSON** - Black patch may be earned. Review of the previous lesson as needed. Carved traverses, flat terrain tipping, garlands, cross-over - cross-under exercises and angulation exercises. The goal is to perform rhythmic, linked, carved turns of varying radii under complete control with no traverses between turns and a very quiet upper body. Students may ride the entire area.

**WHAT STUDENTS AND PARENTS SHOULD EXPECT FOR SNOWBOARD LESSONS:** Here are some very general guidelines that should help your students and their parents in understanding how a child might progress through the Student Snowboard Patch Program. Learning to snowboard at the beginner level requires quite a bit more strength and endurance as well as having a higher frustration level than learning how to ski.

**Generally** it is easier for young kids to learn to ski. We recommend that beginner snowboarders be at least 10 years old for the snowboard patch program. Very often beginner snowboarders will need to repeat lessons several times before they are successful. The snowboard learning curve is different than skiers. Snowboarding is harder to learn but easier to become proficient and skiing is easier to learn but may take years to become expert.

Using a 10 year old child of average intelligence, social and athletic skills as an example, a first year snowboarder who snowboards 6 times should have a yellow patch or advanced beginner/ lower intermediate skill level. A second year snowboarder should be at brown patch/intermediate level and a third year snowboarder should be at black patch/expert level. Older or more athletic students may progress more quickly and younger less athletic students may take more time to acquire skills. **Mileage and practice** are the ingredients needed to acquire skill and the student patches.

# **STONEY CREEK HIGH SCHOOL SKI & SNOWBOARD CLUB**

## PART 1 – Ski & Snowboard Club Membership/Permission Slip

PLEASE COMPLETE THIS SHEET AND RETURN WITH PAYMENT

I give my permission for: \_\_\_\_\_ Grade: \_\_\_\_\_

Student Cell Phone #: \_\_\_\_\_

**Circle One:** SKIER OR SNOWBOARDER

to participate in the The Stoney Creek Ski & Snowboard Club. I understand and agree to the established rules. I also understand that inappropriate behavior by my child may lead to immediate dismissal from the club. In case of medical emergency, I can be reached at the following number on ski club nights:

Home Phone #: \_\_\_\_\_ Cell Phone #: \_\_\_\_\_

If I am unreachable, please contact: \_\_\_\_\_

At: \_\_\_\_\_ , or At: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**\*MUST HAVE\***

EMAIL ADDRESS \_\_\_\_\_

**PLEASE PRINT CLEARLY**

To join the Stoney's Ski & Snowboard club and receive your membership discount card, this form must be filled out entirely and accompanied by a \$15.00 check payable to "Pine Knob".

## WHAT STUDENTS AND PARENTS SHOULD EXPECT

Here are some **very general guidelines** that should help your students and their parents in understanding how a child might progress through the patch program.

Using a 10-year-old child of average intelligence, social and athletic skills as an example, a first year skier who skis 6 times, should be at the brown patch level, or lower intermediate skill level. A second year skier (ten years or older) should be skiing at the blue or possibly red patch level after skiing six or more times. A third year skier should be skiing at the red patch or advance skiing level.

The above guidelines are **generalizations** and will vary from child to child. Children who ice skate or water ski may progress much faster than children who don't participate in sliding or motion sports of this type. Older children will usually progress more quickly than younger children will.

White patch skiers are very good skiers. A minimum of four or more years skiing experience is usually needed to acquire the skills for white patch. Black patch skiers are expert skiers and the instructor will be looking to near perfect technique. Children under nine usually do not have the strength or physical skills to ski at white or black patch levels.

When snow conditions are good, instructors will look for strong technique at each patch level. When conditions are fast and icy, instructors will pay more attention to control rather than perfect technique.

Children who have inappropriate equipment, too long, obsolete, boots too stiff or too large, etc., may not progress as quickly or they may even regress.

The above are generalizations. Some kids have more athletic talent than others. Younger children need to practice more to acquire and anchor skills. Often kids who learned to ski without the benefit of lessons need to re-learn or break bad habits. Parents and students need to be reminded that just because they ski "black diamonds" up north or out west, does not mean they are performing the skill to receive a red, white or black patch. It is natural for people to plateau at certain skill levels. Mileage and practice are often the ingredients needed to acquire patches.