



## Pats Peak LTSR Skiing Levels

### **Green – (Previously Level 1) Have never skied before.**

Has never skied before! This level will acquaint you with equipment, snow terrain and basic balance drills on snow with and without skis on.

- Introduce a straight glide in a balanced stance while sliding down a soft terrain incline.
- Introduce muscle movements that will assist with slowing down and stopping with two skis on. (The Wedge position)

### **Green “Plus” - (Previously Level 2) Have tried skiing but need more training of basic skills.**

Has been on snow skiing but wants a refresher and a simple “start over” introduction.

- Practice basic wedge turning.
- Wedge turns at varying shapes.
- Progress to Valley Slope.
- Learn to ride surface lift.

### **White - (Previously Level 3 and level 4) Learn skills to enhance wedge turns and using chair lifts.**

- Learn to ride the chair.
- Practice with wedge on steeper green circle or easy blue square trails.
- Begin matching skis at bottom of turn (short and long radius turn shape).
- Introduced skating on flats.
- Work on skills that will assist with matching skis earlier in the turn.

### **Yellow – (Previously Level 5) Develop skills to match skis on Blue trails.**

- Work toward matching skis above the fall line on easy and advanced blue square terrain.
- Poles are introduced and begin to assist with the rhythm and flow of turns.
- Develop more flexing and extending to enhance bending the ski.
- Introduce upper and lower body separation.

### **Blue – (Previously Level 6 and Level 7) Practice parallel skiing and improving edge use.**

- Can match skis above the fall line.
- More body movements “down the hill” are practiced which will encourage early edge management / engagement.
- Learn to initiate turns with a correctly timed pole swing/touch on the snow.
- Develop a separation of upper and lower body.
- Learn speed control with a round skidded arc.
- Can perform hockey stops and side slipping skills.

### **Black – (Previously Level 8 and Level 9) Carving on advanced Blue and easy Black trails.**

- Carving on most black trails.
- Work on turning the legs under the upper body.
- Short, Medium and long radius turn shape.
- Practice skill blends on all terrain and variable conditions. (Bumps, powder and crud snow.)

### **Orange – Freestyle, terrain park features. Must be Level Blue or Above.**

- Skier must be at or above a “BLUE +” level skier.
- Free ski the entire mountain in a safe manner. Controlling speed!
- Go over safety protocol in the park.
- Learn basic maneuvers on Whisper Park and graduate to Turbulence Park.
- Switch, 180 rotations, slight air off small to medium jumps.
- Mogul and glade skiing.