

Ski Club Patch and Lesson Information

What order do the patches go in?

Ski:

GREEN – Tow Rope and Magic Carpet Area
YELLOW - Yellow Chair #1
BROWN - Chairs 1-4 (Including High Speed Quad)
BLUE - Chair 5 (Mozart Run)
RED - Chair 6 (White Lightning Run)
WHITE - Chair 7 & Terrain Park
BLACK - Chair 7 & Terrain Park
ORANGE – Optional Terrain Park Patch

Snowboard:

GREEN – Tow Rope and Magic Carpet Area
YELLOW - Yellow Chair 1
BROWN - Chairs 1-4 (Including High Speed Quad)
BLACK - Chair 7 & Terrain Park
ORANGE – Optional Terrain Park Patch

Do they have to be earned in order?

Levels can be skipped based on a student's ability. It is not uncommon for students that have been skiing for years to jump into the middle tier levels.

Please have a conversation with your skier to decide where they should start based on their abilities or lack of. It is best to start low and have success moving up than not earning a patch at all.

IT IS ALSO NOT RECOMMENDED THAT ANY NEW PARTICIPANT SHOOT FOR WHITE OR BLACK.

What should students and parents expect for ski lessons?

Here are some very general guidelines that should help you in understanding how a student might progress through the Student Ski Patch Program.

Using an average 5th grader as an example:

- A first-year skier who skis 6 times should be at the brown patch level, or lower intermediate skill level.
- A first year snowboarder who snowboards 6 times should have a yellow patch or advanced beginner, lower intermediate skill level.

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- A second year skier should be skiing at the blue or possible red patch level after skiing six or more times.
- A second year snowboarder should be at brown patch.
- A third year skier should be skiing at a red patch or advance skiing level.
- A third year snowboarder should be at a black patch.

The above guidelines are generalizations and will vary from child to child. Children who inline skate, 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 for near perfect technique.

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

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 relearn 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. Often new students ski down blue or black levels hills in a straight and uncontrolled line believing that their abilities are greater than they are. Lessons are a great "reality check" to provide the additional instruction necessary to move forward.

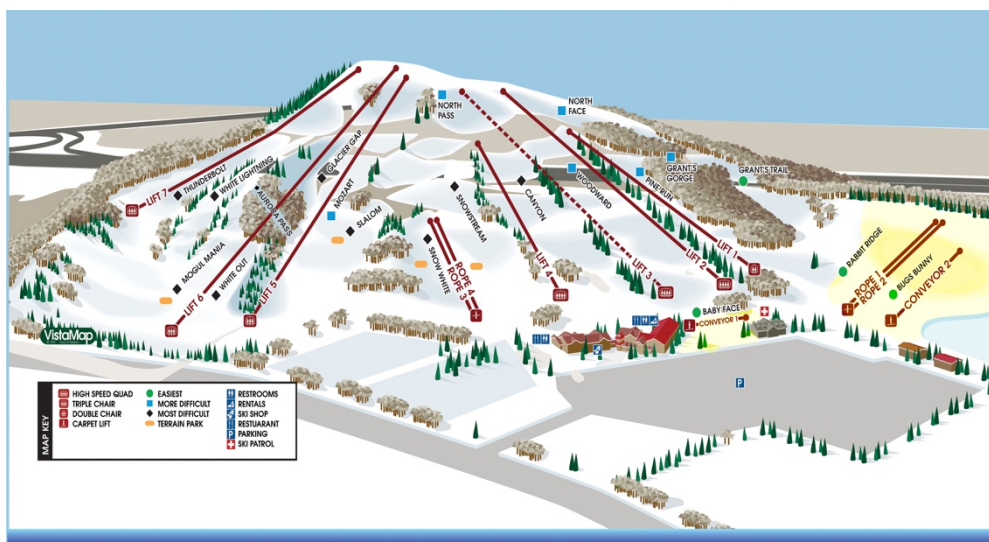
Lastly, it is natural for people to plateau at certain skill levels. Mileage and practice are often the ingredients needed to acquire patches.

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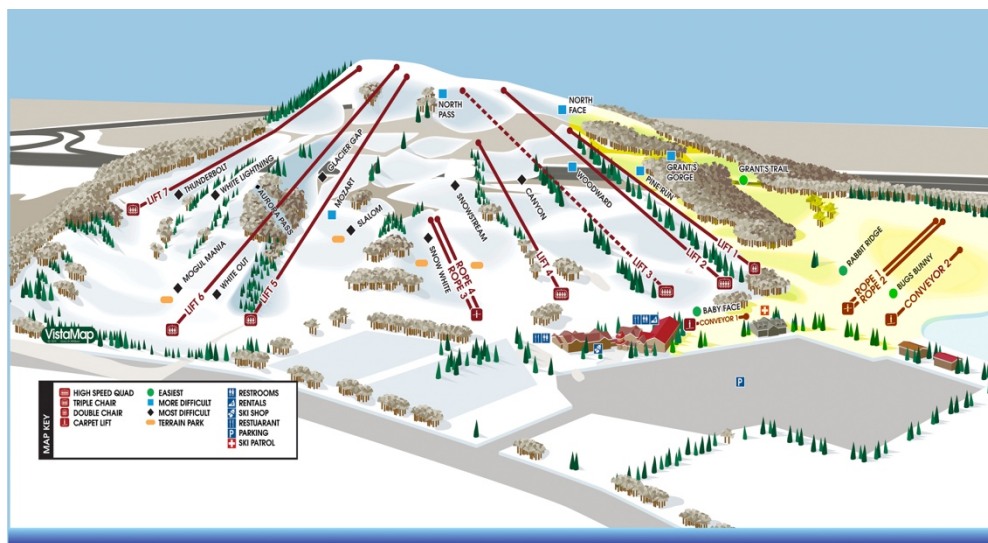
GREEN – Tow Rope and Magic Carpet Area



Maneuver – Intro to skiing

Goal – learning to stop and perform basic turns. This is the first patch that a new skier will earn to demonstrate that they can safely ski in the rope tow and magic carpet area.

YELLOW - Yellow Chair #1

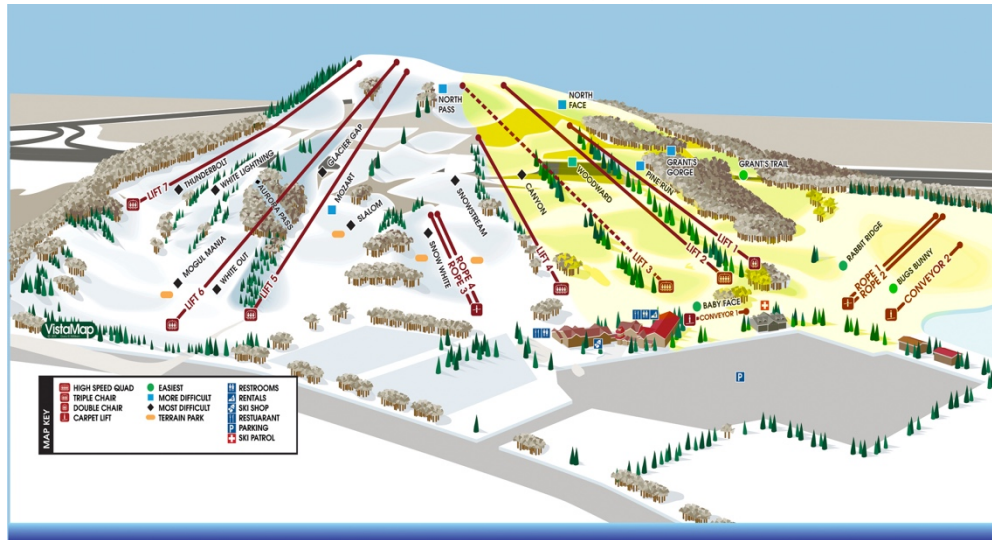


Maneuver – Intro to skiing, wedge turn.

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 skiers may ski advanced beginner terrain that includes a beginner chair lift.

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BROWN - Chairs 1-4 (Including High Speed Quad)

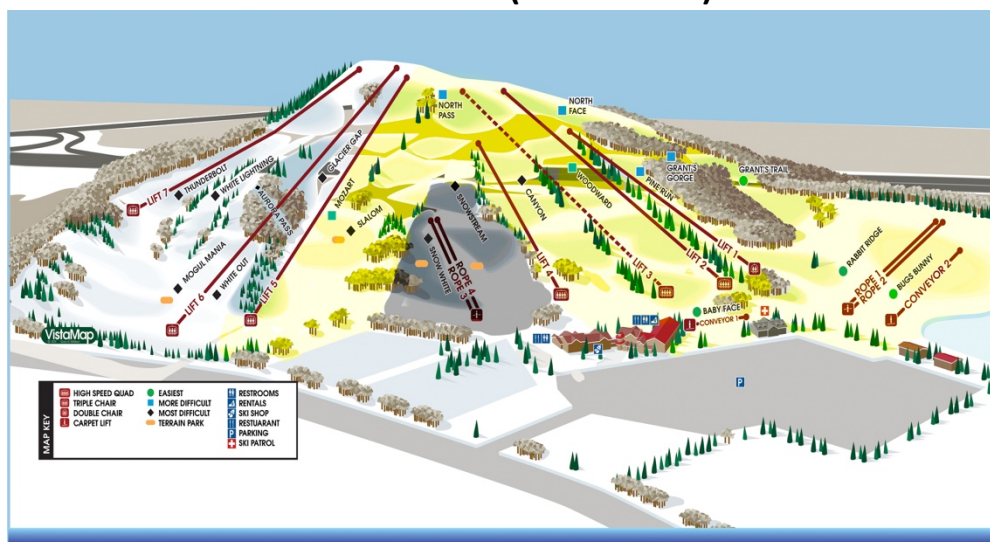


Maneuver – wedge Christie II.

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 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.

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BLUE - Chair 5 (Mozart Run)



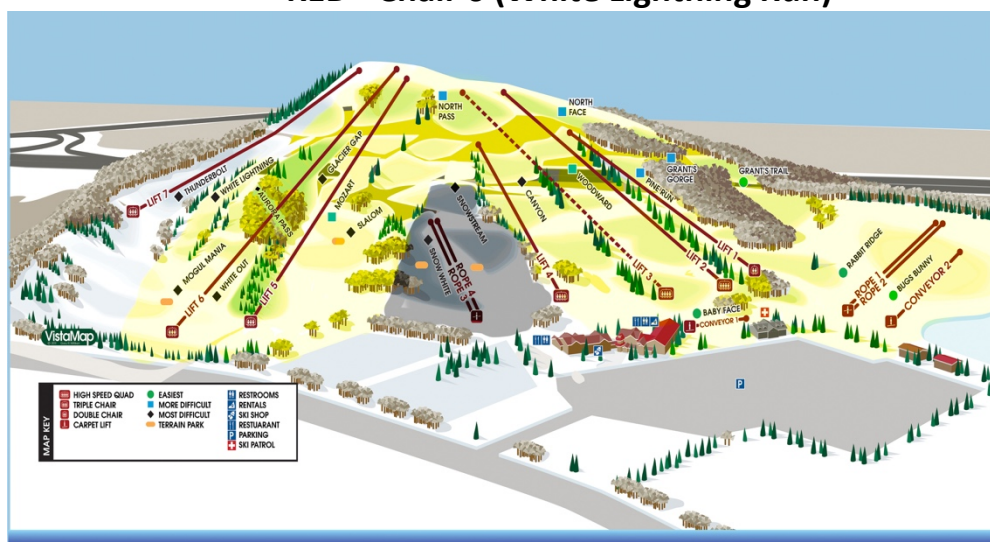
Maneuver – wedge Christie II.

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.

Terrain Park Rope Tows - OFF LIMITS

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RED - Chair 6 (White Lightning Run)



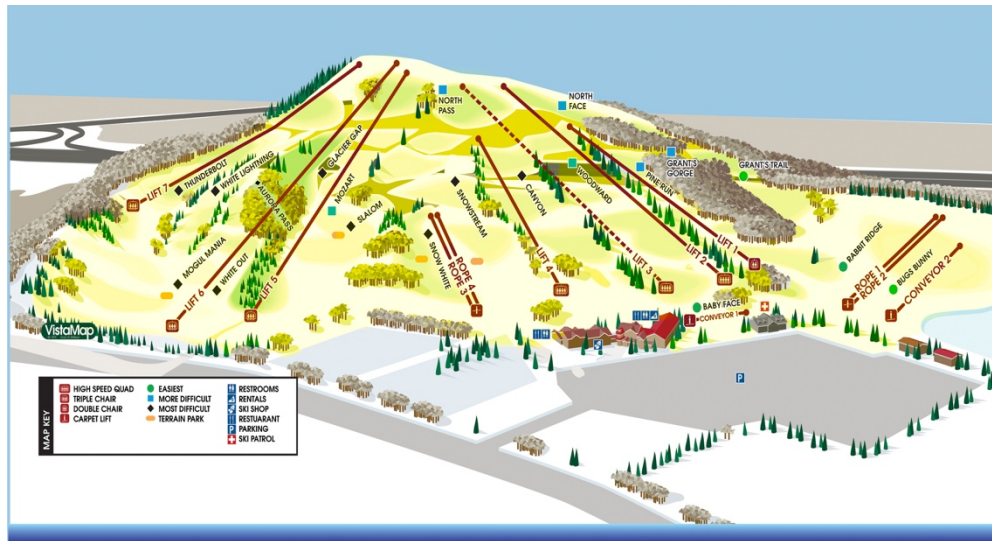
Maneuver – parallel turns.

Goal – start turns with skis parallel, finish turns using angulations 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.

Terrain Park Rope Tows - OFF LIMITS

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WHITE - Chair 7 & Terrain Park



Maneuver – medium radius parallel turns.

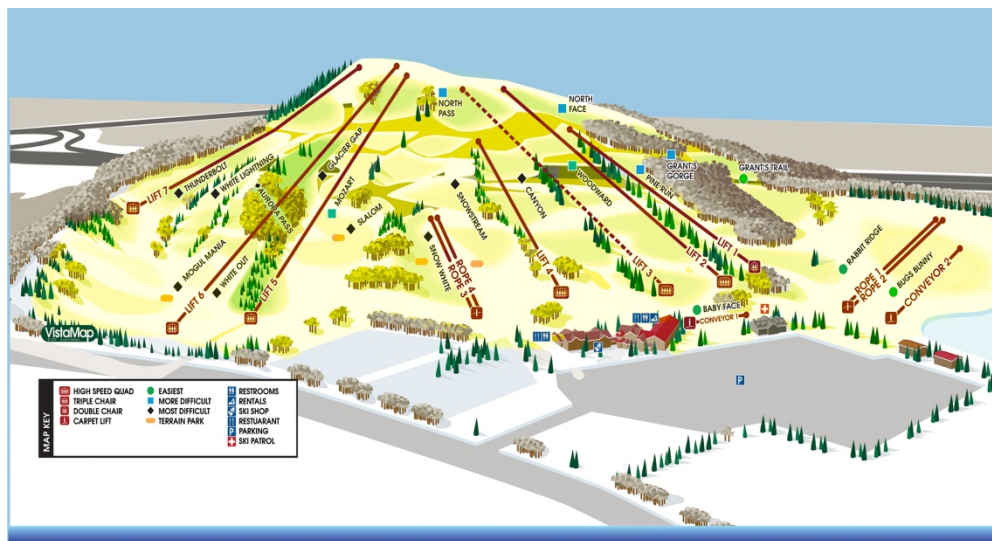
Goal – parallel turns with little skidding or chatter and show proper pole use.

Parallel turns are reviewed with emphasis on edging and pressuring the skis.

FULL HILL ACCESS!

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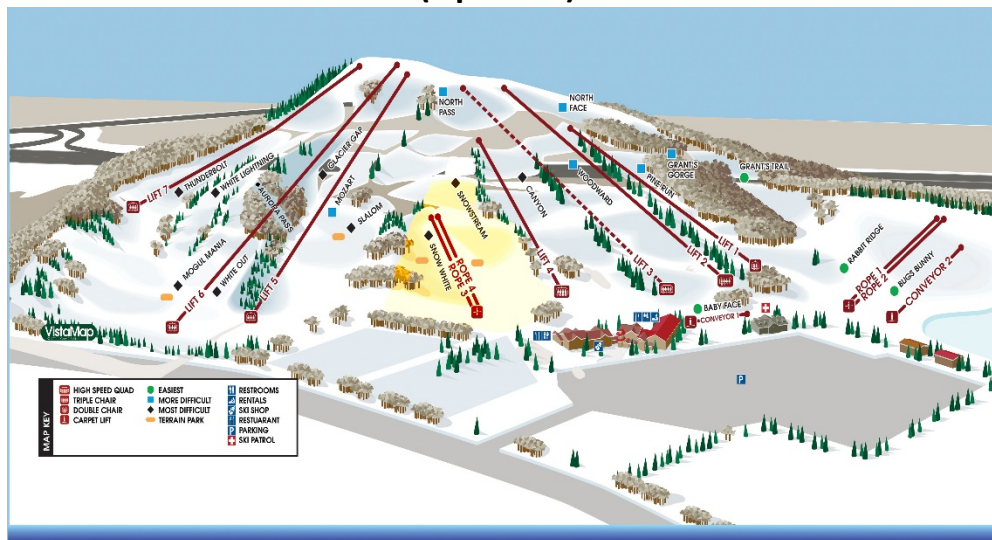
BLACK - Chair 7 & Terrain Park



Maneuver – short radius parallel turns and moguls.

Goal - 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.

ORANGE – (Optional) Terrain Park



Maneuver – using terrain park features, basic jumps.

Goal – Optional lesson that will concentrate on skiers safely navigating the terrain park features including, the rails, jumps, and other items. This patch is considered optional and will not be required to enter the terrain park.

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FOR THE SNOWBOARDERS

What should parents expect for snowboard lessons?

Learning to snowboard the beginner level requires quite a bit more strength and endurance as well as having a high frustration level than learning how to ski.

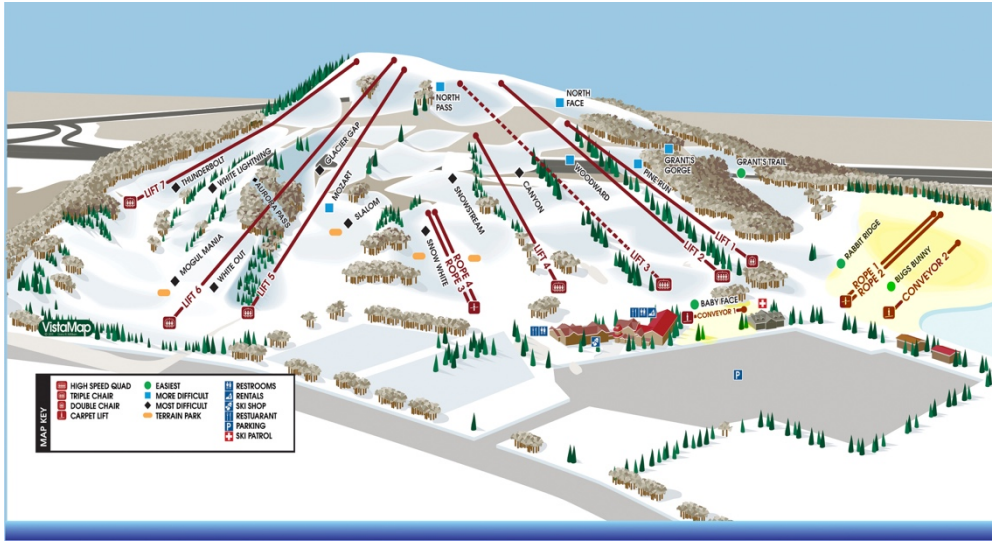
Mt. Holly has shorter runs, which will mean more time spent early on having to practice unbuckling their boots for the lift and then buckling back in at the top. For new snowboarders, this can be frustrating when trying to hang out with friends that have more experience or are on skis.

Generally, it is easier for young kids to learn to ski. Very often beginner snowboarders will need to repeat lessons several times before they are successful.

However, the snowboard learning curve is different from skiers. Snowboarding is harder to learn but easier to become proficient: and skiing is easier to learn, but may take years to become expert.

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GREEN – Tow Rope and Magic Carpet Area

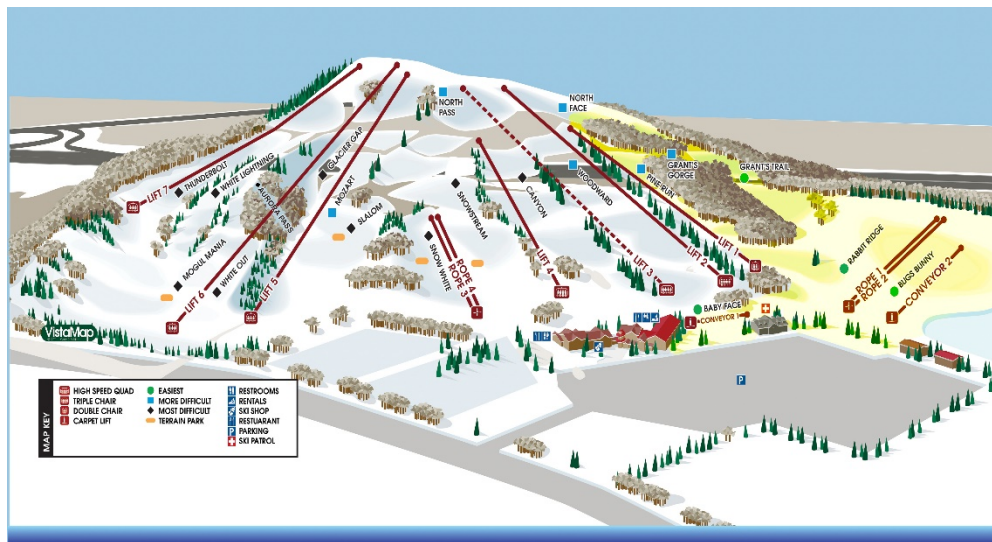


Maneuver – Intro to snowboarding

Goal – learning to stop and perform toe-side and heel-side turns. This is the first patch that a new snowboarder will earn to demonstrate that they can safely snowboard in the rope tow and magic carpet area.

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YELLOW - Yellow Chair #1



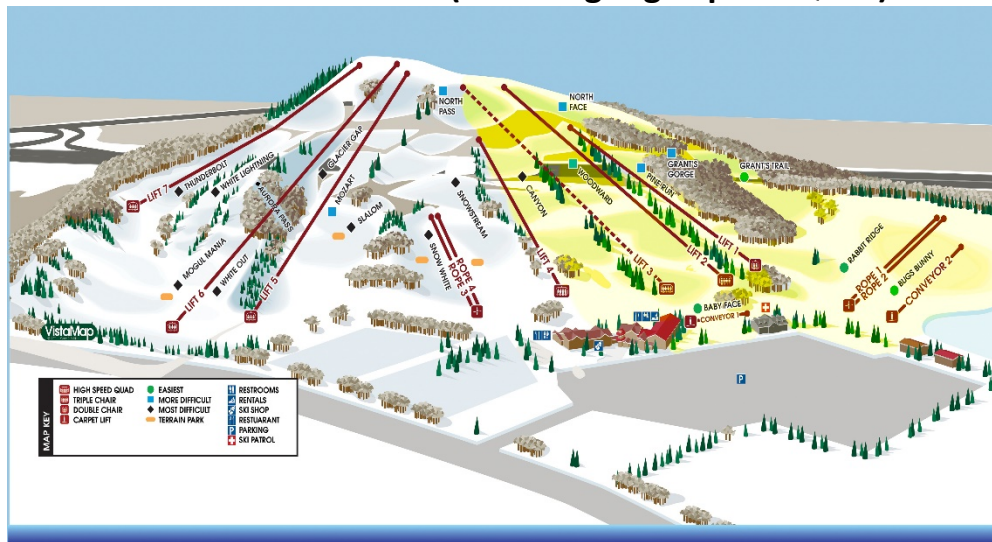
Maneuver – Intro to snowboarding, and skidded turn.

Goal - 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.

The goal is to perform a basic skidded turn crossing the fall line, connected by skidded traverses. Yellow patch riders may ride on beginner and advanced beginner terrain, which includes a beginner chairlift.

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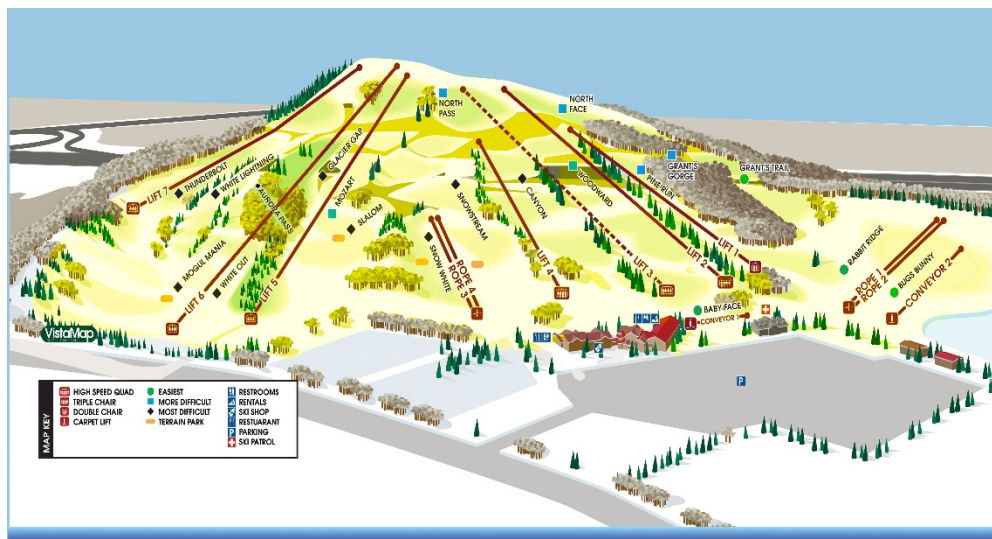
BROWN - Chairs 1-4 (Including High Speed Quad)



Maneuver – Garlands, fan exercises, rhythmic turns, traverse and side-slipping, and board in lanes exercises.

Goal - To perform linked skidded turns showing rhythmic turns. Students may ride on the green, yellow and brown patch hills.

BLACK - Chair 7 & Terrain Park

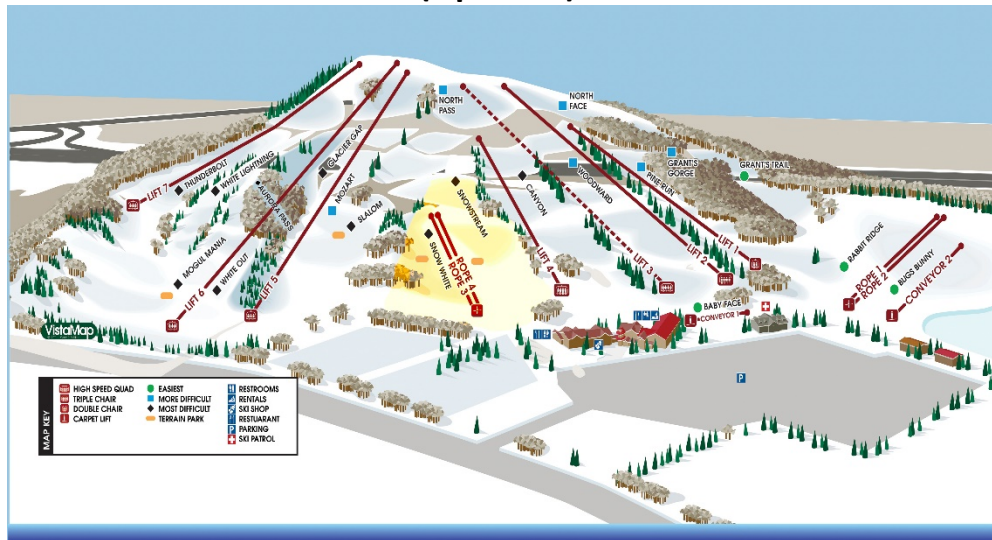


Maneuver – Carved traverses, flat terrain tipping, garlands, and cross-over- cross-under exercises and angulations exercises. Garlands, fan exercises, rhythmic turns, traverse and side-slipping, and board in lanes exercises.

Goal - 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.

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ORANGE – (Optional) Terrain Park



Maneuver – small ground tricks, jumps, and box or rail tricks

Goal – Optional lesson that will concentrate on snowboarders safely navigating the terrain park features including, the rails, jumps, and other items. This patch is considered optional and will not be required to enter the terrain park.