

Midlothian Snowsports Centre

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JUNIOR SKI SCHOOLS for 6-17 years

Our Aim

Our aim is to provide the very highest standard of instruction at a reasonable cost for all standards of skier from beginner to the highest level of performance. It is understood that not all skiers will graduate through the full spectrum of classes but we strive to bring out the best from each and every child so they can fulfill their individual potential and benefit from their experience with us.

While they are mastering the technical elements of learning to ski, we strive to develop each child's confidence and self-esteem so that as well as understanding and enjoying the outdoor skiing environment, they are making new friends and taking part in the camaraderie that naturally develops in our ski school.

Included in the Cost

The cost of the course includes instruction, use of skis, helmets (compulsory), boots, sticks and uplift as required. Please make cheques (with your address on the reverse side) payable to Midlothian Council. Payment may also be made by credit or debit card.

Booking System

The completed application form should be returned with the appropriate fee to Midlothian Snowsports Centre. Children wishing to come together should submit their forms in the same envelope although we cannot always guarantee to accommodate large groups in the one class.

Terms and Conditions

Sessions will only be cancelled in the event of extremely severe weather and this will be at the discretion of the management. We reserve the right to cancel any courses should insufficient applications be received, or to restrict the number of persons if necessary. It is advisable to wear strong waterproof clothing. Long socks and gloves are essential. Equipment will be issued 20 minutes before the start of the session. Please bring refreshment/snack/money as there will be a daily break. Lockers cost 20p (non-refundable).

Cancellations

If for some reason your child is unable to attend any session(s) it will not be possible to accommodate him/her at another time, or give compensation for the missed session(s). We require **14 days' notice** for cancellation of the course. Applications for a refund following withdrawal from the course on medical grounds must be accompanied by some proof of incapacity such as a doctor's note. Refunds will be subject to a 10% administration charge.

JUNIOR SKI COURSES – STANDARDS

Mini Course

Aim: To attain Level 1

This course has been carefully tuned to the needs of 6 & 7 year old beginners. Children will develop a good knowledge of ski equipment and be introduced to straight running and the plough shape.

Beginner

Aim: To attain Level 2

Applicants should be complete beginners or may have completed one beginner's open class. Children will learn to control their speed using snowplough. Applicants must be 8 years or over.

Snowplough Turns

Aim: To attain Level 3

This is the natural progression for those children who have completed a mini course. Alternatively, it is ideal for children who can control their speed using a snowplough but cannot yet do snowplough turns.

Ski Surfer

Aim: To attain Surfer Certificate

For 6 – 8 year olds who have come quickly through the mini and snowplough classes. Children will learn to expand the variety of arcs and the rhythm of their snowplough turns to improve confidence and choose their own speed and line appropriately. The teaching tactics applied are specifically aimed to offer fun and learning to this age group.

Plough Parallel

Aim: To attain Level 4

Children should be able to confidently snowplough turn from Path 5 (top of Tow Slope) and have had sufficient 'miles under their feet' to be fluid and skilled enough to adopt varying arcs and turn shape. To obtain this certificate, children must learn to demonstrate plough parallel from the middle station.

Mountain Mini

Aim: To attain Mountain Mini Certificate

This special course is designed for children who possess a certificate at Plough Parallel level. Children will develop their skills to allow them to match their inside ski earlier in the turn (before the fall line).

Basic Parallel

Aim: To attain Level 5

Applicants should be able to execute plough parallel turns. Children will learn to ski in basic parallel from the middle station.

Parallel

Aim: To attain Level 6

Applicants should be able to execute basic parallel turns from the Middle Station. Short radius turns will be introduced and the pole plant.

Advanced

Aim: To attain Level 7

This course is designed for children who can already perform parallel turns with a pole plant. Short radius turns through a set corridor will be covered. There will also be an emphasis on skiing on the steep section of the slope.

Introduction to Carving

Finished Level 7 Ski School? Do you want to learn how to get everything you can out of your skis but do not want to go into race training? Then try an 'Introduction to Carving'.

Carving is the modern and fun way to ski today. With improvements in equipment and technology in skis, carving teaches you how to get the best out of your equipment and yourself. Introduction to carving will allow you to learn how to get greater control on steeper sections of a slope, teach you the modern style of skiing today and raise your confidence and ability.

Day 1

Working from Path 2, introducing the core concept of carving turns. Exercises will include 'rollerblade turns', using the shape of the ski to initiate the turn.

Day 2

Using the core techniques already established, the next step will be to develop these from further up the slope with an increase in speed. Exercises will include focusing on correct timing and radius of the turns.

Day 3

To combine more fun and enjoyment but to develop the carving technique from a different angle, the use of snowblades will be introduced. Snowblades will allow you to focus on the technique of carving in a much easier manner.

Day 4

Moving back to skis and to a steeper section, techniques taught will be the introduction of tighter controlled turns and the use of body weight to transfer pressure to turn instead of just the shape of the ski. Video analysis will also be used to assist in 'fine tuning' and identifying technique adjustments.

Day 5

Final day will include covering all the material and skills learnt over the duration of the course and implementing any changes resulting from the video analysis.

RACE TRAINING

Race training courses are offered to those who have attained Level 6 or Level 7.

Race Club Introduction (7 yrs & over)

Especially designed week of race orientated skiing activities, it is structured to introduce young skiers to the rudiments of ski racing. The candidates will have attained Level 6 or 7 of the ski school grading system and are good parallel skiers, able to ski from the top station.

The course will cover:

*Basic technique *Target turning *'Starts' *The racing 'line'
*Edge control *Fitness awareness sessions *Slalom & Giant
Slalom practice *Video analysis

Race Club Experienced

For those youngsters who are registered racers and are currently a member of a race club. Familiar with slalom and giant slalom practice, candidates should be already involved in competition and be keen to develop their technique to improve their performance in all aspects of racing. The course will cover: *Basic technique *
Edge and pressure control towards a carving turn *Slalom and giant
slalom practice *Fitness awareness sessions *Video analysis

Suggested Equipment: Pads for protection. Helmets are now compulsory for race training and can be supplied by the Centre

RACE TRAINING

PRICE £99.95

Introduction

Course K264 23-27 July Mornings 10.00 -12.30pm

Experienced

Course K266 30 July-3 August Mornings 10.00 - 12.30pm

JUNIOR SKI SCHOOL PROGRAMME 2012

WEEKENDS

5 Consecutive Saturdays 2.00 – 4.30pm

Course	K258	14, 21, 28 Apr, 5, 12 May
	K260	19, 26 May, 2, 9, 16 Jun

All Standards

Price £99.95

5 Consecutive Sundays 2.00 – 4.30pm

Course	K259	15, 22, 29 Apr, 6, 13 May
	K261	20, 27 May, 3, 10, 17 Jun

All Standards

Price £99.95

NB: Mini level for 6 & 7yr old beginners finish
½-hr earlier than specified times on all courses

Prices subject to any increase in Scale of Charges

SUMMER

16 July – 24 August

5 weekdays – choice of mornings 10 – 12.30pm
afternoons 2 – 4.30pm

Course	K262	16 - 20 July	mornings
	K263	16 - 20 July	afternoons
	K264	23 - 27 July	mornings
	K265	23 - 27 July	afternoons
	K266	30 July - 3 August	mornings
	K267	30 July - 3 August	afternoons
	K268	6 - 10 August	mornings
	K269	6 - 10 August	afternoons
	K270	13 - 17 August	mornings
	K271	13 - 17 August	afternoons
	K272	20 - 24 August	mornings
	K273	20 - 24 August	afternoons

All standards

PRICE £99.95

NB: Mini level for 6 & 7yr old beginners finish
½-hr earlier than specified times on all courses

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