

# Arbroath Ski Club

## Guidelines for Booking Lessons



<b>Beginner</b>	Never skied before
<b>Snowlife 1 Star Award</b>	<p>I have tried skiing before. I can put my skis on and off. I can climb sideways up a gentle hill and ski down, controlling my speed by ploughing.</p> <p>I can stop when I need to on the nursery runs.</p>
<b>Snowlife 2 Star Award</b>	<p>I can ski down controlling my speed and direction of travel by ploughing.</p> <p>I can make big and little turns and avoid other skiers. I can use an easy ski lift (poma or t-bar).</p>
<b>Snowlife 3 Star Award</b>	<p>I can ski faster and make plough parallel turns, where I start the turns in a plough and finish with my skis parallel.</p> <p>I can make a series of linked turns on green and easy blue run.</p>
<b>Snowlife 4 Star Award</b>	<p>I am very confident with my plough parallel turns and my skis are naturally becoming parallel earlier in the turns, sometimes before the fall line.</p> <p>My turns are smoother and more S shaped. I am happy skiing on all blue runs.</p>
<b>Snowlife 5 Star Award</b>	<p>I am consistently making parallel turns on all blue and easy red runs. Both my skis are turning at the same time.</p> <p>I still need to improve on balance and posture. I am confidently skiing all blues and easy red run.</p>
<b>Snowlife 6 Star Award</b>	<p>I am learning to use a well coordinated pole plant to improve my balance and timing. My parallel turns are smoother and more rhythmical.</p> <p>I am working on improving flow from one turn to another.</p>
<b>Snowlife 7 Star Award</b>	<p>I am becoming more confident in tackling challenging terrain. I can make really smooth turns with a well coordinated pole plant.</p> <p>I can vary the radii of my turns to suit changes in gradient, whilst remaining in control of speed and line of travel. I can ski comfortably on steeper terrain.</p>
<b>Snowlife 8 Star Award</b>	<p>I can ski a steep and narrow run making a series of rhythmical, balanced turns with a positive pole plant. I can remain in the fall line whilst still controlling my speed.</p> <p>I can change direction on easier slopes by rolling from edge to edge only using the shape and sidecut of the ski with no skidding. I can ski red and black runs with confidence.</p>
<b>Snowlife 9 Star Award</b>	<p>I can make a fall line descent in medium size bumps showing good posture and a well timed pole plant.</p> <p>I can make linked rhythmic short and medium radius turns in powder and cut up terrain whilst controlling speed and line</p>