

Ladies Club Programme - Sept 2017 - Feb 2018

	Group 5 - Advanced - Jo	Group 4 - Upper Intermediate - Christine	Group 3 - Intermediate - Aly	
5th Sept	Jo will be taking her team 'back to basics' revisiting edge, pressure and separation.	Christine's team will be working on improving their parallel skiing, she will be focusing on individual requirements, there will be exercises and some video feedback	Working on an early flex, spotting and strong pole plant	
12th Sept			Lets use those skills learnt above and ski the moguls, one mogul at a time, linking together, skiing the line for those 'girls that can'	
19th Sept				
26th Sept				
3rd Oct	Top of the Mountain skiing	Top of the Mountain skiing	Top of the Mountain skiing	
10th Oct	Guest Instructor - Freestyle - Matt Hyland	Guest Instructor - Freestyle - Matt Hyland	Guest Instructor - Freestyle - Matt Hyland	
17th Oct	Jo will continue with 'back to basics', enjoy !	Fun in the moguls, looking at line, flow and technique.	Aly's team will be working on lots of flex (ensuring hips are over feet) and extending without a pop.	
24th Oct				
31st Oct				
7th Nov	Fun in the moguls, looking at line, flow and technique.	Guest Instructor	Aly's team will be focusing on pressure, controlling it and active steering of the inside ski.	
14th Nov		Guest Instructor		
21st Nov		Guest Instructor		
28th Nov		Agility Practice		Agility Practice
5th Dec	Agility Race	Agility Race	Agility Race	
12th Dec	Xmas Presentation Dinner	Xmas Presentation Dinner	Xmas Presentation Dinner	
19th Dec	2 week break for Christmas	2 week break for Christmas	2 week break for Christmas	
25th Dec				
2nd Jan	Guest Instructor	Christine's team will be working on improving their parallel skiing, she will be focusing on individual requirements, there will be exercises and some video feedback	Guest Instructor	
9th Jan	Guest Instructor		Guest Instructor	
16th Jan	Guest Instructor		Guest Instructor	
23rd Jan	Guest Instructor		Guest Instructor	
30th Jan	Guest Instructor		Guest Instructor	
6th Feb	Poles - Corridor	Poles - Corridor	Poles - Corridor	

13th Feb	Poles - Corridor	Poles - Corridor	Poles - Corridor
20th Feb	Pro Slalom	Pro Slalom	Pro Slalom
27th Feb	Slalom - timed optional	Slalom - timed optional	Slalom - timed optional

Waves
Moguls
Funpark
Main Slope

Supporting Instructors = Roy, Anna and Deborah

Warm-Up Session 6.30pm - 6.50pm.



Group 2 - Lower Intermediate - Debbie

Debbie will progress with working towards parallel skiing with the focus on flex/extension, posture, simultaneous edge change & pole plant

Fun in the Park (exit close to Moguls)
Guest Instructor - Freestyle - Matt Hyland
Guest Instructor
Guest Instructor
Guest Instructor

Skiing the waves (part with stubbies)
Pole Session on Main slope from blue
Agility Practice (ramps on nursery)
Agility Practice

Agility Race
Xmas Presentation Dinner
2 week break for Christmas

Debbie will be working with her team improving on early flex, spotting ahead and strong pole plant
Lets use those skills learnt above and ski the moguls, one mogul at a time, linking together, skiing the line for those 'girls that can'

Poles - Corridor

Group 1 - Beginners - Nat

Prepare for Waves - exercises on Nursery
Nat will be teaching his team plough parallel within the waves, focus on steering the inside ski with loads of flex and extension and with a good pole plant, what fun!

Nat will be working consistently on plough/parallel : He will focus on steering the inside ski and maintaining a good posture.

Have fun in the Park
Pole Session on Main slope from blue
Agility Practice (ramps on nursery)
Agility Practice

Agility Race
Xmas Presentation Dinner
2 week break for Christmas

Nat will be working consistently on plough/parallel : He will focus on steering the inside ski and maintaining a good posture.

Poles - Corridor

Kev is our specialist Instructor for group 1, he will be undertaking exercises for skiers who need extra support. Skiers will not be expected to spend a long period of time in this group.



Poles - Corridor
Pro Slalom
Slalom - timed optional

Poles - Corridor
Pro Slalom
Slalom - timed optional