

SKI ABILITY LEVELS

YELLOW FIRST TIME SKIER - LEVEL 1 - Congratulations! A half/full day lesson equips you with the basic skills to enjoy the sport. This small investment will last a lifetime!

YELLOW - LEVEL 2 - You are able to stop on green runs using the wedge or "snowplow" and are able to make direction changes.

GREEN - LEVEL 3 - You are able to stop and link wedge turns on green runs comfortably.

GREEN AND EASY BLUE - LEVEL 4 - You rely more on turn shape to slow down. Your wedge is getting smaller and at the finish of a turn your skis are running parallel which is a major milestone.

BLUE - LEVEL 5 - You are using similar wedge-match to parallel techniques to the level 4 skier but are comfortable on blue runs.

BLUE - LEVEL 6 - Your wedge (or stem) is nearly gone and you are making open parallel turns on blue runs.

BLUE and EASY BLACK - LEVEL 7 - You are able to change turn radius and duration comfortably on blue runs. Pole plants are being used to time turns. Blue/black runs are starting to look skiable.

BLACK - LEVEL 8 - You are comfortable on blue/black runs and can ski in the fall line on easy moguls.

BLACK - LEVEL 9 - You can ski black diamond bumps, steeps, and varied snow conditions comfortably.

SNOWBOARD ABILITY LEVELS

YELLOW FIRST TIME RIDER - LEVEL 1 - Congratulations on your first snowboarding experience! A half/full day lesson equips you with the basic skills to enjoy the sport. This small investment will last a lifetime!

GREEN - LEVEL 2 - You can perform a skidded traverse on both heel and toe side edges. Turns can be done in both directions with a slight uphill turn to a stop.

GREEN - LEVEL 3 - You can perform a skidded traverse and garlands in both directions with basic linked turns (toe side and heel side) to each direction.

GREEN AND SOME BLUE - LEVEL 4 - You are now able to make turns in both directions with speed control. You are now beginning to link smoother turns while using flexion/extension movement from the hips, knees, and ankles.

BLUE - LEVEL 5 - You are able to link skidded turns in either direction with good speed control, rhythm, and shape. Varieties of turn shapes make this an important milestone!

BLUE - LEVEL 6 - You are becoming confident on most blue terrain with good snow conditions and are being introduced to carving. Skidded turns of various shapes are not a great challenge.

BLUE AND SOME BLACK - LEVEL 7 - You are now able to fine tune your carving ability in moderate terrain. You are able to link carved turns on all blue runs and are starting to do grabs off terrain features and ride the walls of the half-pipe.

BLACK - LEVEL 8 - You are now riding with varied dynamics on all terrain and in all conditions. You also can do 180s, 360s, and get air in the pipe.

BLACK - LEVEL 9 - You are becoming confident on the entire mountain and are working efficiently as you explore the extremes of snowboarding.

DETAILS AND REGULATIONS

1. Groups are determined by skill level and age. Group sizes range from 8-10 participants and requests for placement with friends are accommodated to the best of our ability on the first day of coaching.
2. **The Bristol Mountain Assumption of All Risks Agreement as well as Parent Agreement must be signed by the participant and/or parent prior to the first day of class. Participant will not be able to participate in Camp without a completed form on file at Bristol Mountain..**
3. **Adventure Camps for All Levels Ages 5-17** Participants must check in at the Snowsports School Information Desk in the Rocket Lodge from 8:30am-9:30am on the first day of each camp.
4. **The Junior VIP Gold Camps for First Time Skiers Ages 8-12.** Participants must check in at The Learning Center in the Sunset Lodge from 9:00am-9:45am each day of camp. The Bristol Mountain Elan skis will be issued on the fourth day of camp.
5. Classes are held rain or shine. If severe weather prevents classes from being held, an announcement will be posted on our Facebook page.



2016-17 SNOWSPORTS CAMP PROGRAMS

Holiday Adventure Camps

Ages 5-17

**Skiers & Snowboarders
Beginners through Advanced
(Terrain Park Sessions Included for
Appropriate Ability Levels)**

Four Day Adventure Includes:

Four 8-Hour Lift Tickets 9am-5pm, Four 5-Hour
Class Lessons 10am-3pm with a Lunch Break,
\$60 Gift Card for Lunches

Camp Dates:

December 26th through December 29th
February 20th through February 23rd

Junior VIP Gold Camps

Ages 8-12

First Time Skiers

Four Day VIP Camp Includes:

Four 8-Hour Lift Tickets 9am-5pm, Four 5-Hour
Class Lessons 10am-3pm with a Lunch Break,
\$60 Gift Card for Lunches, Four 8-Hour Ski
Rentals, Free Limited Edition Bristol Mountain
Elan Skis (first 200 participants), 20% Discount in
Bristol Ski & Sport

Camp Dates:

December 26th through December 29th
January 14th-15th and 21st-22nd
February 20th through February 23rd

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