

Williston Learn to Ski/Ride Skiing and Snowboarding Level Progressions

The information below provides the skills that children must demonstrate before progressing to the next level. The opportunity will be provided for children to test their skills to progress through levels.

All NEW participants will begin at level 1 of lessons and can progress quickly, as they demonstrate the skills of each level.

Skiing

LEVEL I

Correct fall – Whole body to the uphill side – Lay flat

To be able to put on your own equipment.

To demonstrate a straight run and a snowplow stop

To ride ½ the Mitey-mite lift unassisted.

To ski down ½ the Mitey-mite hill using a snowplow or controlled fall to control speed and direction.

LEVEL II

To be able to use a snowplow to control speed.

To ski the Mitey-mite hill under control using no more than 2 controlled falls.

LEVEL III

To be able to use the snowplow to turn both right and left.

To ski the Mitey-Mite slope under control without falling.

LEVEL IV - Transition to T-Bar

To learn to ride the T-bar on either side, alone or with a partner

To be able to ski the Route 2 trail under control using snowplow turns without falling.

LEVEL V

To be able to use beginning stem turns to ski all trails (snowplow turns with skis parallel between turns.)

To demonstrate hockey (quick) stops to both the right and left sides at normal speed.

To be able to ski the Face under complete control and with proper technique

LEVEL VI

To be able to use intermediate stem turns to ski all trails. (The turn starts with a stem, and a snowplow turn and the skis become parallel about ½ way through the turn.)

To be able to demonstrate the correct use of ski poles (for balance and to signal the start of a turn).

LEVEL VII

To be able to use advanced stem turns to ski all trails. (The turn starts with a stem, and the skis are immediately brought parallel.)

Continue to improve use of poles for balance and body position to initiate turns.

LEVEL VIII

To refine skiing techniques, freestyle or racing.

To demonstrate edge changes that are completed at the start of the turn on all terrain and under all conditions.

Snowboarding

LEVEL I – Flat Ground

- To be able to determine their front foot (stance).
- To be able to strap into and release the front binding independently.
- To be able to skate on flat ground.
- To be able to demonstrate a correct and safe way to fall.

LEVEL II – Small Incline Below T-Bar

- To be able to balance while standing on the board on the heel edge.
- To be able to maintain a controlled heel edge while sliding downhill.
- To be able to demonstrate a proper athletic stance (low, balanced, and controlled).
- To be able to perform a controlled straight glide and stop using the heel edge. (J Turn).

LEVEL III – Transition to Mighty Mite

- To be able to perform heel-side “zig-zag” movements across the slope.
- To be able to control direction by shifting weight using hips, knees, and upper body together.
- To be able to link controlled heel-side movements while descending the hill.

LEVEL IV

- To be able to transition from zig-zags into smooth, rounded turns on the heel edge.
- To be able to control speed and direction using curved movements instead of straight lines.
- To be able to use the toe edge in a controlled and confident manner.
- To be able to make rounded turns on both heel and toe edges.

LEVEL V – Transition to T-Bar

- To be able to safely load, ride, and unload the T-bar with control.
- To be able to combine stopping, turning, and basic edge control on beginner terrain using as much of the slope as necessary.
- To be able to make a full run cleanly.

LEVEL VI

- To be able to link heel-side and toe-side turns for a full run, using no more than half the slope width.
- To be able to maintain control of speed and direction on all beginner terrain.
- To be able to demonstrate proper body positioning throughout turns.

LEVEL VII

- To be able to ride in both regular and switch stance.
- To be able to transition in and out of switch while maintaining control.
- To be able to perform basic freestyle movements such as small 180 turns.