

STUDENT PROGRAM NEWSLETTER

WINTER 2020/2021

Mt. Holly Ski & Snowboard Resort

13536 South Dixie Hwy.

Holly, Michigan 48442

www.SkiMtHolly.com

www.MtHollySkiSchool.com

248-634-8260

Pine Knob Ski & Snowboard Resort

7778 Sashabaw Rd.

Clarkston, MI 48348

www.SkiPineKnob.com

www.PineKnobSkiSchool.com

248-625-0800

SAFETY & FUN

The Patch Program is designed to help students ski and snowboard only on the hills that they can navigate safely and with control. The program is designed with the help of the ski school, ski patrol, and sponsors. Our motto is "Safety, Fun, and Learning."

PLEASE ALWAYS CHECK THE PINE KNOB RESORT OR MT. HOLLY RESORT WEBSITE FOR ANY UPDATES BEFORE VISITING.

Student Patch Program ID Cards & Pricing

In order to participate in the Student Patch program, students must purchase either a Ski or Snowboard ID card from their club sponsor. The ID Card costs \$22.00 and includes two ski lessons or one snowboard lesson. In addition, it entitles participants to ski or snowboard, on a restricted lift ticket, at reduced rates.

\$22.00 Lift Ticket

\$22.00 Ski Rental

\$22.00 Snowboard Rental

\$10.00 Helmet Rental

Additional Lesson Tickets are available from the Ski School:

\$11.00 Lesson Ticket Skiing

\$22.00 Lesson Ticket Snowboarding

- **These rates are good Monday – Friday, Non-Holidays, from 3:00 p.m. until close.**
- **Use your Student Patch Program ID Card at Pine Knob or Mt Holly.**
- **There are no ski club lessons on Weekends or Holidays.**

STUDENT CLUB LESSON PROGRAM

The student program consists of:

- **Eight** levels of lessons for **skiers**
- **Five** levels of lessons for **snowboarders**

Lessons are about 50 minutes long and start at:

- **5:00 and 6:00 p.m. at Mt. Holly** – Monday - Friday
- **5:00 and 6:30 p.m. at Pine Knob** - Monday - Friday
- Please note: Early in the season we may not offer lessons if there is little or no demand. If you sign up online and there are four or fewer people signed up, the lesson may not go out. ***Classes may be cancelled or combined without advance notice.***

SKIING PATCH LESSONS

- In each lesson we review the “Responsibility Code” and other safety topics, review the previous lesson, teach the maneuver, and grade students.

The following describes the skills taught at each level and what hill areas can be accessed at both Pine Knob and Mt Holly. All maneuvers must be done in a good stance *without leaning back*.

1) GREEN

- MT. HOLLY: Rope Tow / PINE KNOB: Rope Tow
- Stop
- Link Turns

2) YELLOW

- MT. HOLLY: Lift 1 / PINE KNOB: Chair 1
- Link small and large turns
- Turn to a stop

3) BROWN

- MT. HOLLY: Lift 4 / PINE KNOB: Chair 2
- Skis parallel in second half of turn
- Turn to a stop

4) BLUE

- MT. HOLLY: LIFT 5 / PINE KNOB: Chair 5 OR 6
- Skis parallel in first half of turn
- Turn to a stop

- 5) RED
 - MT. HOLLY: Lift 6 / PINE KNOB: “Phase One” trail
 - Skis parallel
 - Pole touch
 - Next step: Orange or White Patch -student choice
- 6) ORANGE (Optional)
 - Use Terrain Park features
 - Flat ground trick and box or rail trick
 - Small jump
- 7) WHITE
 - MT. HOLLY: All Lifts / PINE KNOB: “Phase One” trail
 - Larger and faster turns
 - More and less completed turns
- 8) BLACK
 - MT. HOLLY: All Lifts / PINE KNOB: “The Wall” trail
 - Small turns
 - Ski moguls

For a more detailed description and video of each level see:

https://www.youtube.com/watch?v=l3z-Aivxi_I

WHAT STUDENTS AND PARENTS SHOULD EXPECT FOR SKI LESSONS

Some students are very nervous, but instructors are taught to go at the right pace for the student. A larger problem is the expectation from the parents and students that skiers can quickly start using the chairlifts and skiing larger hills. Skiers naturally lean back, and then turn their shoulders and lean inside the turns. If they progress too fast, these moves become bigger problems that are harder to change later. It also makes it hard for the students to control their speed and ski in a safe manner.

The new Green Patch will keep many students on gentle slopes longer, which helps them to progress faster later. Parents need to be patient, students and their friends usually want to progress too quickly, especially the first few times out.

Every student is different, so there is a wide range in terms of how long it takes students to move through the patch program. Most students will require several attempts at each level.

Conditions also play a role. If the snow is fresh and light one time, it will be much easier than if the snow is icy or thick and heavy the next time. If a new skier misses a week or two, they will often need a lot of review to catch up, especially at the lower levels.

Children who play hockey, inline skate, ice skate, or water ski may progress faster with skiing than children who do not participate in sliding or motion sports of this type. Older children usually progress quicker than younger children will.

White and Black patch skiers are very strong skiers. A minimum of four or more years of skiing experience is usually needed to acquire the skills.

Children who have inappropriate equipment, too long, obsolete, boots that are too stiff or too large etc. may not progress as quickly or they may even regress.

Parents and students need to be reminded that just because they ski “black diamonds” up north or out west, it *does not mean that they are performing the skill* to receive a red, white, or black patch.

By enrolling your student in the patch program, you are agreeing to the rules of the program. Parents can not take their child on a lift that they have not earned a patch for – even just to practice! Your child will be instructed to walk back from the lift!

SNOWBOARDING PATCH LESSONS

- In each lesson we review the “Responsibility Code” and other safety topics, review the previous lesson, teach the maneuver, and grade students.
 - 1) GREEN
 - MT. HOLLY: Rope Tow / PINE KNOB: Rope Tow
 - Toe side turn
 - Heel side turn
 - 2) YELLOW
 - MT. HOLLY: Lift 1 / PINE KNOB: Chair 1
 - Toe and heel turns, link with traverse
 - Turn far enough to stop
 - 3) BROWN
 - MT. HOLLY: Lift 4 / PINE KNOB: Chair 4 and 5
 - Link turns without traverse
 - Turn far enough to control speed
 - Next step: Orange or Black Patch -student choice
 - 4) ORANGE
 - Use Terrain Park features
 - Flat ground trick and box or rail trick
 - Small Jump
 - 5) BLACK
 - MT. HOLLY: All Lifts / PINE KNOB: “Phase One” trail

- Link carved turns
- Short and medium radius

WHAT STUDENTS AND PARENTS SHOULD EXPECT FOR SNOWBOARD LESSONS

Here are some very general guidelines that should help your students and their parents in understanding how a child might progress through the Student Snowboard Patch Program. Learning to snowboard at the beginner level requires quite a bit more strength and endurance, as well as having a higher frustration level than learning how to ski. Generally, it is easier for young kids to learn to ski.

We recommend that *beginner snowboarders be at least 10 years old for the snowboard patch program*. Very often beginner snowboarders will need to repeat lessons several times before they are successful. The snowboard learning curve is different than for skiers. Snowboarding is harder to learn but easier to become proficient at; and skiing is easier to learn but may take years to become an expert.

Using a ten year old child, as an example, a first year snowboarder who snowboards six times will typically earn a yellow patch (an advanced beginner/lower intermediate skill level). A second year snowboarder will typically earn a brown patch (intermediate level); and a third year snowboarder will typically earn a black patch (expert level).

Children who do gymnastics, skateboarding, inline skating, mountain biking, and sports that require balance and jumps may progress faster with snowboarding than children who do not participate in sliding or motion sports of this type. Older children usually progress more quickly than younger children.

Time out on the slopes and plenty of practice are needed to acquire the skills and earn the student patches.

By enrolling your student in the patch program, you are agreeing to the rules of the program. Parents can not take their child on a lift that they have not earned a patch for – even just to practice! Your child will be instructed to walk back from the lift!

ADULT GROUP ID CARD

An opportunity for parents/guardians and students to ski as a family at reduced rates is available. The \$22.00 Group ID Card provides adults with a discount off the normal lift ticket price ten times throughout the season. The real value comes on Ski Club night when parents get the same rates as the students.

\$22.00 Lift Tickets

\$22.00 Ski Rental

\$22.00 Snowboard Rental

Note: ID Cards, lift tickets, and rental forms will only be available and sold through club sponsors, and they are never sold at the resort ticket windows. To take advantage of this opportunity, contact the club sponsor.

IMPORTANT TO KNOW:

THE BIG 3:

- A student must be at least 7 years old to participate in the student patch group lesson.
- The student must be able to follow instructions and stay with the instructor.
- We reserve the right to require a minimum of 4 students per lesson. Please remind parents and students that all levels of lessons are not always available.
The lesson schedule is based on group demand.

PATCHES:

- Experienced students may begin at the level that matches their ability. They do not need to start with the beginner lesson.
- At the end of the lesson, the instructor does not bring the students back to a designated area and the students are excused from the class where the lesson ends.
- It usually takes several attempts to pass each level of patch lessons.
- Patches are available through the ski school for \$2.50 each.
- Previously purchased patches are good for current and future seasons.
- **ALL patches earned must be displayed, NOT just the highest patch earned.**
- Patches must be visible and affixed to jackets or pants with one of these methods:
 - Sewn on
 - Key ring
 - Zip Tie

WHERE TO SKI

- At the bottom of each lift there are signs that designate which patch is necessary to board that lift. ***It is the responsibility of the student to make sure that they are on the appropriate hill and riding the correct lift. Students are responsible for having the appropriate patches before attempting to ride the lifts. If not, students may be turned away from lifts and will need to walk back to the appropriate terrain.***

KNOW THE CODE! YOUR RESPONSIBILITY CODE

General Rules:

- ALWAYS STAY IN CONTROL and be able to STOP or avoid other people and objects.
- PEOPLE AHEAD OF YOU HAVE THE RIGHT OF WAY. It is your responsibility to avoid them.
- YOU MUST NOT STOP WHERE YOU OBSTRUCT A TRAIL or are not visible from above.
- ALWAYS USE DEVICES to help runaway equipment.
- OBSERVE ALL POSTED SIGNS and warnings. Keep off of closed trails and out of closed areas.
- PRIOR TO USING ANY LIFT, you must have the knowledge and ability to load, ride, and exit the lift safely.

TERRAIN PARK SAFETY TIPS & RULES:

- MAKE A PLAN. Know each feature you will use. Check out the approach, take off, and landing.
- LOOK BEFORE YOU LEAP. Go around the jumps first.
- EASY STYLE IT. Start small and work your way up. Know your limits.
- RESPECT GETS RESPECT. Respect the terrain and others. One person on a feature at a time. Wait your turn and call your start. Stay off of closed features and terrain.

PLEASE ALWAYS CHECK THE PINE KNOB RESORT OR MT. HOLLY RESORT WEBSITE FOR ANY UPDATES BEFORE COMING OUT.

What We Expect from You

- Please stay home if you are feeling sick or exhibiting symptoms of illness.
- Please wear a mask when indoors, in lift lines, or when social distancing is not possible.
- Be physically and mentally prepared to stay outside.
 - Resort occupancy will be limited this year and access to the lodge – with the exception of restrooms – is not guaranteed.
 - Please consider putting on ski and snowboard gear at your vehicle to limit the time spent indoors.
- We ask that you spend no longer than 30 minutes at indoor tables due to limited seating. There will be limited food options.
- Class sizes will be limited.
- Be respectful of employees at all times, including when they are enforcing COVID-19 related regulations.
- No storage of personal belongings inside the lodge. Bags must be kept in a vehicle or student bus. Locker space is limited and not guaranteed to be available.
- Hand sanitizer stations will be readily available in common areas.
- Staff will regularly clean and disinfect high touch surfaces and common areas.
- We appreciate your patience with expected changes made due to Covid-19 regulations.

HELPFUL TIPS TO KNOW

KEEP YOUR EQUIPMENT SAFE: *please use our free ski and snowboard corral.*

CHILDREN SIX AND UNDER receive half price lift tickets and rentals at all times.

RENTERS will need to know their height, weight, and shoe size to rent ski and snowboard equipment.

SHOW YOUR STUDENT PATCH PROGRAM ID CARD over the holiday vacation and receive \$10.00 off of your lift ticket. There are no discounts on rental equipment. Student lessons are not offered over the holiday dates.

FIELD TRIP CHECK LIST

We want your group to have a great time. No one has fun when they're cold and wet. Here is a list of suggested clothing to keep you warm and dry on the slopes:

- Thermal undershirt and long underwear, multiple layers with fleece jacket.
- Warm jacket or parka
- Boots
- Lip balm
- Waterproof sturdy gloves or mittens
- Socks – only one pair
- Comfortable pants
- Waterproof snow pants or nylon wind pants
- Neck gaiter or face mask for very cold and windy days
- Hat that covers ears
- Helmet
- Sunglasses or goggles
- Sunscreen
- Hand and boot warmers