

Adaptive Ski and Snowboard Program

2018-2019 Program Calendar

Sept 13	Ski Kick Off: Après Ski Style	<i>Metro: Utepils Brewery Northland: TBD</i>
Nov 10	Northland Dryland Training	<i>Spirit Mountain</i>
Nov 13	Metro Equipment Volunteer Training	<i>Hyland Hills</i>
Nov 17	Dryland Training	<i>TBD</i>
Nov 30-Dec 2	Train the Trainer (T3)	<i>Trollhaugen</i>
Dec 4	New Volunteer Fundamentals of Skiing	<i>Hyland Hills</i>
Dec 8-9	On the Hill Instructor Training (Bi Ski or Snowboard-Metro only)	<i>All Metro Sites, Spirit Mountain</i>
Dec 15-16	On the Hill Instructor Training (Stand Up Ski or Mono-Metro only)	<i>All Metro Sites</i>
Dec 19	Mono Ski Fittings	<i>Hyland Hills</i>
Jan 3	Mono Ski Fittings	<i>Hyland Hills</i>
Jan 5-6	On the Hill Instructor Training	<i>Giants Ridge</i>
Jan 5-11	Alpine Program Begins (Except Giants Ridge)	<i>Hyland Hills, Trollhaugen, Welch Village, Afton Alps, Spirit Mountain (except Sun)</i>
Jan 13	Alpine Program Begins	<i>Giants Ridge & Spirit Mountain (Sun.)</i>
Jan 10	Nordic Program begins in partnership w/ Loppet Foundation	<i>Theodore Wirth Park</i>
Feb 2-8	Ski-A-Thon Kick Off Week	<i>All Sites</i>
Feb 2	Courage Kenny Cup Ski Benefit Race	<i>Trollhaugen</i>
Feb 16-20	Presidents' Weekend Break No lessons on 16, 17, 18, and 20. There WILL be lessons at Spirit on Feb 19 & 21	<i>Hyland Hills, Trollhaugen, Welch Village, Afton Alps, Spirit Mountain, & Giant's Ridge</i>
Feb 27-Mar 1	Great Lakes Mono-Ski, Race and Nordic Camp (no weekly lessons at Spirit)	<i>Spirit Mountain, Duluth</i>
Mar 2-6	Last week of the season	<i>All Metro Sites</i>
Mar 9-16	Make Up Sessions if we have to cancel <u>3 or more</u> program days during the season	<i>All Metro Sites, Spirit Mountain</i>
Mar 23-24	North Shore Fling	<i>Lutsen Mountains</i>
Mar 28	Northland Ski Banquet	<i>Location: TBD</i>
April 14	End of the Year Banquets	<i>Metro: TBD</i>

Continuing Education Opportunities

All Courage Kenny clinics are free to attend for Courage Kenny Ski & Snowboard volunteers. Clinics require 4 or more attendees registered in advance. Lift tickets will be provided.

Register for a clinic by contacting Mari Salveson at Mari.Salveson@allina.com or 612/775-2729.

*offered for Adaptive Exam prep

Tethering – Standing and/or Sit Ski

Sun, Jan 13 – Welch Village 12:30pm-2:30pm
Tues, Jan 15 - Hyland Hills 6pm-8pm
Wed, Jan 16 - Spirit Mountain 6pm-8pm
Sun, Jan 20 - Trollhaugen 10am–12pm

***Mono ski assisting & progressions**

Mandatory for mono camp volunteers
Tues, Feb 5 - Hyland Hills 6pm-8pm
Wed, Feb 6 - Spirit Mountain 6pm-8pm
Wed, Feb 13 - Spirit Mountain 6pm-8pm

Visual Impaired Lessons

Tue, Jan 22- Hyland Hills 6pm-8pm

***Sit ski assist and progressions**

Sun, Feb 10 – Trollhaugen 10am- 12pm

Stand Up assists and progressions

Bamboo pole & Slider focus
Sat, Jan 26 - Afton Alps 12pm-2pm
Tues, Jan 29 - Hyland Hills 6pm-8p
Wed, Jan 30 - Spirit Mountain 6pm-8pm
Sun, Feb 3 - Giants Ridge 3pm-4pm

***Fun-ctional Skiing**

Tues, Feb 12 - Hyland Hills 6pm-8pm
Wed, Feb 13 - Spirit Mountain 6pm-8pm
Sat, Feb 23 - Afton Alps 12pm-2pm

If you have questions regarding additional training opportunities or the training themselves, contact Tara Gorman at Tara.Gorman@allina.com or 218-726-4762.

Additional PSIA-Central Clinics & Exams

Consult the PSIA-Central website for additional information regarding these exams and clinics. Must register through PSIA-C to attend. Website: www.psia-c.org

Sat, March 3 at Spirit Mountain

PSIA-C: Bi-Ski/Mono Ski Exam Prep clinic
PSIA-C: Adaptive Snowboard Clinic

Sat & Sun, March 9-11 at Afton Alps

PSIA Functional Skiing Exam
PSIA Level 1/2 Adaptive Bi-Ski/Mono

Questions? Contact Megan Welty at megan.welty@allina.com or 612-775-2280