

HOLIDAY MOUNTAIN FUN PARK INC.
2009-2010 ATHLETE'S PROFILE (Web Site www.holidaymtn.com)
A PROFILE MUST BE COMPLETED FOR EVERY ATHLETE

Athlete's Name _____
Last
First
Nickname

Birth Date ____/____/____ **Age** ____ **M** **F** **Athlete's Skill Level** _____
(Skier, Snowboarder or Skier/Combo) (Check level (s))

Mailing Address _____ **City** _____ **State** _____ **Zip** _____

Telephone Number(s) _____ **E-Mail Address** _____

Emergency Contacts _____ **Emergency Phone** _____

Requirements:

Participating Skiers will be judged upon physical ability by coaches for enrollment, and may be not older than EIGHTEEN (18) years old or have graduated high school.

We will have training for our new members so they can learn to ski.

SKIER SELF EVALUATION

(Check one level)

- | | |
|---|---|
| <input type="checkbox"/> LEVEL 1 | <u>Present ability</u> First Time Skier. |
| <input type="checkbox"/> LEVEL 2 | You can make wedge turns to control speed. You can ride lifts. |
| <input type="checkbox"/> LEVEL 3 | You can make parallel turns on steeper terrain. |
| <input type="checkbox"/> LEVEL 4 | You can link carved turns on steeper terrain. |

OR

- | |
|--|
| <u>Goal</u> Learning basic skills: stopping, turning and riding lifts |
| Learn to bring skis parallel at end of turns and gain confidence on steeper terrain. |
| Learn to link rounded parallel turns with pole plants. Introduce carving skills. |
| Learn short dynamic turns; pure carving. |

SNOWBOARDER SELF EVALUATION

(Check one level)

- | | | |
|---|---|---|
| <input type="checkbox"/> LEVEL 1 | <u>Present ability</u> First Time Snowboarder. | <u>Goal</u> Learn to control direction, stop and ride lifts. |
| <input type="checkbox"/> LEVEL 2 | You can stop and do basic turns. You can make single turns across the slope in both directions. You can ride lifts. | Learn to link turns with confidence. |
| <input type="checkbox"/> LEVEL 3 | You can confidently link skidded turns on steeper terrain. | Refine turning skills, improve confidence and control. Introduce carving skills. |
| <input type="checkbox"/> LEVEL 4 | You can link carved turns on steeper terrain. | Improve carving skills; dynamic carved turns across fall line; short radius turns in fall line. |

*EVALUATION SUBJECT TO CHANGE BY A CERTIFIED COACH

