

2021 SEVEN OAKS YOUTH SKI DEVELOPMENT AND RACE TEAM

January 9 – February 28, 2021

Saturdays - January 9th, January 16th, February 20th from 10 AM to Noon: The Saturday morning session will be catered toward advanced beginner skiers. Participants must be able to turn, stop, safely ride the chairlift, and independently ski down a green run (Abby's Alley). Gates will not be used for this session. We will focus on ski development utilizing a progression of fun drills and challenges, with a goal of building skiers' skills and confidence so they are ready to start skiing in gates for the 2022 ski season. This session will be limited to 8 participants.

Sundays - January 10th, January 17th, January 24th, January 31st, February 7th, February 21st, February 28th from 5:30-7:30 PM: The Sunday evening session will be offered for intermediate and advanced skiers wanting to log time running gates and improving skills through a variety of drills. Participants must be comfortable skiing in gates and will be expected to assist in setting up and taking down the course, course maintenance, and timing. Sunday evenings will run on a loose format where skiers alternate between runs through the course and guided free runs aimed at honing in on specific skills. This session will be limited to 15 participants.

Wednesdays - January 20th, January 27th, February 3rd, February 10th, February 17th, February 24th from 6-7:30 PM: Wednesday evening sessions will be reserved for advanced skiers, familiar with skiing safely in gates, who want to improve their racing ability and course time. Participants will have the opportunity to practice alongside the Iowa State Ski Team in the course they set each week. In the event the Iowa State Ski Team is not practicing, free ski drills supplied by the coaches will be the focus. This session will be limited to 10 participants.

AGES
7-17

ABILITIES
Advanced beginner
through expert – see
session descriptions

COST
\$50/Skier/Session

**SAFE
OUTDOOR
FUN!**
Small groups, socially
distanced, masks worn
at all times

REGISTRATION
<https://www.eventbrite.com/e/2021-seven-oaks-youth-ski-development-and-race-team-registration-registration-125738520299>