



Seven Oaks Ski Development Team Program for 2022 Season

Thanks to the interest and support from many ski families, the Seven Oaks Ski Development Team program will continue for the 2022 season. Our volunteer coaches look forward to continuing to help young skiers develop a life-long love for skiing through weekly training sessions focused on skill development and racing tactics. As always, the program will stress safety, enjoyment, and learning at all times. Our coaches' main goal is to share their love of skiing and focus on helping all participants achieve their goals.

Who should participate?	Skiers from 7 to 17 who are looking for an opportunity to work on becoming better skiers and develop life-long skiing skills as well as a passion for the sport
What skiing skills are required?	Development Team program participants are expected to be able to load and unload the chair independently and with confidence, and be able to ski down all runs at Seven Oaks in control and with the ability to change direction and stop effectively
What is the format?	The two-hour training sessions will take place on Sunday mornings and will focus on technical improvement through drills and free skiing analysis as well as the use of racing gates for skill development (weather and slope conditions permitting)
When are the sessions?	<ul style="list-style-type: none">• Sunday, January 9 from 10 a.m. to noon• Sunday, January 16 from 10 a.m. to noon• Sunday, January 23 from 10 a.m. to noon• Sunday, February 6 from 10 a.m. to noon• Sunday, February 13 from 10 a.m. to noon
How do I sign up?	Participation in this free development team program is open to the first 35 skiers that sign up using the registration form on the Seven Oaks website
How can I help?	We ask that parents or guardians remain on premises to monitor and attend to the participants as needed; there are many opportunities for all to volunteer on the hill or in group activities throughout the season
Can I talk to a coach?	<ul style="list-style-type: none">• Al Hernandez 515-868-3560 ajhernan@outlook.com• James Howarth 515-230-9056 jameshowarth@protonmail.com• Julie Willse 515-661-9805 julie.willse@gmail.com• Carrie Woerdeman 515-865-0615 acwoerdeman@msn.com Program updates are posted regularly on the Seven Oaks Ski Development Team group page on Facebook