



Seven Oaks Ski Development Team

Program for 2023 Season

Volunteer coaches will help young skiers develop a life-long love for skiing through training sessions focused on skill development and racing tactics. The program will stress safety, enjoyment, and learning at all times. Our coaches' goal is to share their love of skiing and focus on helping all participants achieve their goals. This year's program offers two sessions per week.

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.

Cost

\$60 + \$50 for each additional skier

How can I help?

We ask that parents or guardians remain on premises to monitor and attend to the participants as needed. **Volunteer coaches who are able to commit to every Saturday or Wednesday, or miss just one, can receive a refund for their season pass or lift tickets.**

Saturdays (9:45-11:45AM), Jan 7, 21, 28, Feb 4, 11, 18, 25

Weekend morning sessions will be catered toward advanced beginner and intermediate skiers. Participants must be able to turn, stop, safely ride the chairlift, and independently ski down a green run (Abby's Alley). These sessions will focus on technical improvement through drills and free skiing analysis. Gates will be optional for this session and may be used for intermediate ski drills, weather and slope conditions permitting.

Wednesdays (6:00-7:30PM), Jan 11, 25, Feb 1, 8, 15, 22

Weekday evening sessions will be reserved for advanced skiers, familiar with skiing safely in gates, who want to improve their racing ability and course time. It is possible that we could practice on a race course alongside Iowa State college students. In the event that no course is set, free ski drills supplied by the coaches will be the focus.

Registration will open December 3rd via <http://www.eventbrite.com>. Program updates are posted on the [Facebook Seven Oaks Youth Ski Development Team](#) page.