

## ASAP Ski Improvement week and Ladies Ski week

### Course Outline 2010



### DATES for 2010

#### ASAP Ski Improvement week

Starts Mondays 19<sup>th</sup> July, every Monday in August (2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup>) and 13<sup>th</sup> September 2010

#### Ladies Ski weeks

Two only starting Monday 26<sup>th</sup> July and 6<sup>th</sup> September 2010

### Course Outline

**The ASAP Ski Achievement programme** is designed for both men and women skiing from intermediate level right through to advanced. Our highly qualified professional coaches will help you get to that elusive next level in your skiing, be it moguls, powder, off piste or modern ski racing techniques. Extensive video analysis will be used to assess your abilities and show the improvement achieved.

Complemented by the breathtaking views of the Southern Alps and Lake Wanaka this Programme is a must, to take you to that next level and beyond. The AMR (All Mountain Rider) weeks for snowboarders will be scheduled first week of August and September.

Bookings need to be in advance. Price inclusive as per outline and includes welcome coffee / tea and 1x après drink in the TC Bar.

**The Two Ladies Ski Weeks** this year are designed by women for women. Ladies' Week is the ultimate Programme for those who want to move to the next level. Treble Cone's top female instructors will serve as your coach, guide and friend. In small groups, to ensure personalised attention, we will help you ski or board with greater ease and finesse. Building your confidence and skill in a positive environment, whilst challenging your comfort zone. Video analysis is provided so you can watch your improvement.

Clinics are for intermediate to advanced level of skiing and boarding ability. The minimum ability required is level 4 – which is skiing with skis parallel on intermediate terrain and for snowboarders to link their turns comfortably on intermediate terrain. Snowboard programs are available with sufficient interest.

The goals of the week are to:

Learn latest ski improvement techniques specific for women

Gain stronger skiing ability off piste

Refine personal skiing techniques

Learn up to date information on female specific ski equipment and industry trends

Meet other like minded people

Explore the full mountain

Improve confidence and have fun

The 2010 Programme includes all the activity included in the ASAP outline plus Ladies always start the day with coffee and a muffin inside, we add Daniel le Brun Bubbles on the last afternoon and exclusive Day Spa Specials at Wanaka leading day spa.

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### Monday

9.30 - 10am	Check in to the Snow Sports Office and meet at 9.30am in the Café with a complimentary coffee and muffin with your coach and fellows.
10am	The first morning will focus on skill assessment and development of skills to set you up for the week ahead.
12.00 - 1.00	Lunch
1pm	A preliminary video analysis session is a great way to start your week of training. Video analysis you're your coaches is a very useful tool in helping skiers develop an accurate sense of where strengths and weaknesses may lie, and in establishing individual goals for the week.
3.45pm	A brief debrief over a drink is the best way to finish our day.

### Tuesday

10am	On the second morning we focus on consolidating the previous afternoon's concepts and work to apply them in a more dynamic fashion.
12.00 - 1.00	Lunch
1pm	Intro into off-piste skiing; Your coach will show you how to apply the skills to a greater variety of snow and terrain.

### Wednesday

10am	Introduction to Moguls; Continuing with our skill focus, we put this challenging aspect of all-mountain skiing into perspective.
12.00 - 1.00	Lunch
1pm	Continuing the morning's focus of mastering the moguls.

### Thursday

10am	Session focus on Carving / racing; Racing orientated excersises provide a valuable window on ski technique and a fun venue for technical training. In cooperation with the Treble Cone Race Academy we may have the opportunity to train on a recreational course set just for our guests dependent upon weather and snow conditions.
12.00 - 1.00	Lunch
1pm	Steeper, faster, better; In this session we take the mornings focus and play with it on a wider variety of terrain
5.30pm	Apres ski in Wanaka. Let us show you one of our favourite watering holes.

### Friday

10am	All mountain tactics; after a few days of focusing on our skiing skills we take a tactical view to apply our skills in the right place at the right time on more difficult terrain.
12.00 - 1.00	Lunch
1pm	Putting it all together; Its an essential part of any lesson programme that all of the details and all of the conversation be put back into the big picture at the end. Of course in ASAP that means exploring any terrain we have yet to ski and enjoying our remaining time together on snow at Treble Cone.

This outline is a guide only. We personalise it to the specific needs and ability of the groups and the weather and snow conditions on the day.