

## Beginner Instruction 2022

**Instructors:** Ewan Craig (to be confirmed), Nick Cox, Bob Donders, Phil and Dianne Davies, Ann Murphy, Adrian Cecco and myself.

At the moment the Ski Chalet will be open for use subject to the fire marshall's limit of 30 people so there will be an introduction and waxing demo by me prior to the on-snow lessons starting and that will take about half an hour. This may well change with our new variant and we may be back to staggered arrival in small groups outside. We will have established the wax of the day prior to our students' arrival and wax skis appropriately if waxable. Masks should be worn in the chalet and we will check the vaccination status of all the students. Again the instructors will do the basic instruction on snow for their group right off the bat. In line with your recommendations the lessons will run from 13.30 to 16.00 on the 9<sup>th</sup> and 16<sup>th</sup> of January weather permitting. I have offered some tips for beginners (on the DRXC website) specifically for those taking the lessons so their skis should be clean to start with and they will have practiced attaching their boots to their bindings ahead of time and know how to put their poles on. Hopefully! When I send the schedule to our students I will emphasize this. The instructors will have to gauge how fast to work through the lessons based on the competence of the group. Emphasize that the more you get out on skis the faster you will progress. Practice makes perfect.

We will know how many students there will be by Christmas I hope and therefore how many instructors will be needed and how big the groups will be. I will try to grade the students before we start so the groups will be as uniform as possible. With your feed-back I will match the groups and the instructors for the second lesson. Again, the instructors should progress through the lessons as they think fit to bring the whole group along, for example moving off the hydro lines and onto the M, D or R loops which is very important for some beginners. I have listed the very basic lesson plan below which I sent last year.

### Lesson 1

- Basic posture. i.e. slight lean forward and knees slightly bent.
- How to do a star turn
- How to fall and get up again.
- Diagonal stride.
- A. Sequence of kick and glide.
- B. pole action, pole placement and angle of elbow. Watch for straight armed poling as opposed to a bent elbow and for placing of the pole too far forward. It will be up to you whether your group skis without poles or not.
- C. Weight transfer from side to side so the centre of gravity is over the gliding ski.
- D. Watch for the shortening of the glide phase which is usually marked by a slap-slapping of the tails of the skis when the kicked ski is rushed back onto the snow.
- E. Easy downhill running on a slight slope with slightly bent and therefore relaxed knees

### Lesson 2

- Uphill diagonal stride. Faster tempo and more upright posture.
- Double poling downhill.
- Herring-bone and side step.
- Snow-plough downhill to slow down. Snow-plough turn.
- Single kick double pole.