

**Skiing and Snowboarding for Grades 2-6  
at Ski Ward Hill Registration Form**

Number of years skiing or boarding: \_\_\_\_\_

### CANCELLATIONS

Cancellations for all Ski Ward Programs will be put on the Ski Ward Snow Phone (508)842-6346 and posted on our website ([www.skiward.com](http://www.skiward.com)) by 12 noon. Please use these resources only. Ski Ward Cancellation Policy states that a session will be rescheduled due to a school closing or extreme cold weather with high winds and temperatures below 5 degrees. Any lesson canceled by Ski Ward will be added and made up; any personal cancellations on the client's part will not be refunded.

- Lessons will not be held on holidays and school vacation periods.
- Additionally we do not offer make up classes if you choose not to come to a class due to inclement weather or other personal reasons. If a Ski Ward cancels, we will offer a make up class.
- We can not offer a refund on rental equipment or for participants who choose to withdraw from the program.

### AMERICAN TEACHING SYSTEM (A.T.S.) ABILITY LEVEL STANDARDS

PLEASE CIRCLE BELOW THE LEVEL THAT APPLIES TO THE PARTICIPANT.  
THIS INFORMATION IS VERY IMPORTANT; AS GROUP PLACEMENT IS BASED ON THE INFORMATION ON THIS FORM.  
IF YOU ARE NOT SURE ON THE LEVEL ABILITY, GO DOWN ONE LEVEL.

IF NO LEVEL IS NOTED, PARTICIPANT WILL BE PLACED IN LEVEL 1.

#### **ALPINE / SKIING:**

- Level 1:** Participant is new to the sport of skiing; this is his or her first lesson.
- Level 2.** Ability to ski in a gliding/braking wedge stance on easiest terrain, starting basic wedge turns, speed control, and knows how to stop.
- Level 3.** Skis confidently with linked wedge turn and skis wedge-christie on intermediate trails. Can ride the chairlift alone.
- Level 4.** Ability to match skis parallel and skid to finish turns, ski with rhythm and round turns through steering, edging and pressure control movements. Linking turns.
- Level 5.** Controlled turns on steeper terrain, knowledge of pole swing, touch, and placement.
- Level 6.** Matching of skis commencing into turns. Parallel turns with good pole use and an open stance. Ability to ski varied terrain and snow conditions.
- Level 7.** Beginning carving, pre-race, pre-freestyle, comfortable in bumps.

#### **SNOWBOARDING:**

- Level 1.** Participant is new to the sport of snowboarding; this is his or her first lesson.
- Level 2.** Ability to move in a balanced manner in an upright neutral stance, move with only one foot in binding, familiar with the basics of skating, gliding, turning, and stopping. Understands side slipping and traversing.
- Level 3.** Introduction to tows/lifts. Traversing and linking turns heelside and toeside. Can stop under control.
- Level 4.** Can ride beginner lifts. Can link turns on beginner terrain. Beginning to vary turn shape and size to control speed.
- Level 5.** Ability to use chair lift and intermediate terrain. Beginning carved turns on varying terrain. Can ride forward and backward (switch or fakie), varying turn shape and size with accuracy to control speed.
- Level 6.** Ability to ride intermediate terrain. Efficient and effective riding under all terrain and snow conditions. Liking skidded turns showing rhythm.
- Level 7.** Beginning 180's (frontside and backside). Comfortable in bumps, gates, and rails.

# 2005-06 SKI WARD SKI PROGRAM

## MILFORD COMMUNITY SCHOOL USE PROGRAM

### Grades 2 through 6

The Milford Community School Use Program will again be conducting a Ski Program in conjunction with SKI WARD First Track Ski and Snowboard. The program will consist of FIVE WEEKS of professional ski instruction every Wednesday afternoon beginning Wednesday, January 4, 2006 at SKI WARD (Ward Hill Ski Area) in Shrewsbury. Included with the 5 week package will be a free lift ticket to Ski Ward and a free pass at Ascutney Mountain when the child skis with a paying adult. Also available once again this year will be a Ski/Snowboard Only Program. This program is for children who already know how to ski/snowboard.

The buses will leave promptly at 3:30pm from the Milford High School parking lot and will return at approximately 7:00 pm. All children must ride the bus. PLEASE MAKE EVERY EFFORT TO BE AT MILFORD HIGH SCHOOL AT 7:00 PM TO PICK UP YOUR CHILD! This is a safety precaution and is being requested in the best interest of you and your child.

Adults are needed to ride the buses as chaperones. Free skiing will be available to all chaperones during the program. Any parent wishing to chaperone should sign the registration form. Chaperones who are chosen will be notified and they will have to attend a mandatory meeting.

Return the attached notice, along with a check for the total cost of the program made payable to the MILFORD COMMUNITY PROGRAM. Send to the Milford Community Program, c/o Milford High School, 31 West Fountain St., Milford, MA 01757. This payment is nonrefundable. **PAYMENT MUST BE RECEIVED BY MONDAY, NOVEMBER 14, 2005.**

\*SPACE IS LIMITED TO THE FIRST 115 STUDENTS. \*

**PARENTS: PLEASE COMPLETE THE FRONT AND BACK OF THE ATTACHED REGISTRATION FORM.**

---

#### Suggestions for Student Comfort

- § **Hats:** A MUST for cold weather. Hats should cover ears and not hinder vision. PLEASE make sure your child wears one!
- § **Socks:** One pair of wool blend, well fitted, ski socks with NO RIBS are recommended. Cotton gets wet and holds in the cold.
- § **Mittens/Gloves:** Lined and WATERPROOF. Beginners spend a lot of time in the snow and wet mittens make cold hands!
- § **Parkas/Ski Pants:** Should be insulated and waterproof.
- § **Neck Warmers:** Good idea for cold days to keep face and neck warm.

Parents, please keep these suggestions in mind when sending your child. Going in to warm up will take away from lesson time and trying to find their instructor on the hill.

#### Skier's Responsibility Code

1. Always stay in control and be able to stop or avoid other people or objects.
  2. People ahead of you have the right of way. It is your responsibility to avoid them.
  3. You must not stop where you obstruct a trail, or are not visible from above.
  4. Whenever starting downhill or merging into a trail, look uphill and yield to others.
  5. Always use devices to prevent runaway equipment.
  6. Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
  7. Prior to using any lift, you must have the knowledge and ability to load, ride and unload safely.
- Snowboarders please note:** If you are bringing your own snowboard, it must be a true alpine snowboard, it must have metal edges with a waxable base, standard alpine snowboard bindings and a runaway strap. NO PLASTIC SNOWBOARDS ALLOWED!

#### CHAPERONES - Return slip below

---

I would be interested in chaperoning the Ski-Ward Program.

Name \_\_\_\_\_ Phone Number \_\_\_\_\_