

# EAGLE MOUNT'S

# SKI & BOARD PROGRAM

*The adaptive ski and board program is dedicated to providing an experience for those who might not otherwise have the opportunity to enjoy the excitement and exhilaration the sport of skiing and snowboarding offers.*

## PROGRAM INFORMATION

*Ski/board participants gain increased ability to develop different muscles, improve their balance and coordination, and have psychological benefits to increased self awareness, self confidence and improved self esteem.*

This program runs December – March. Whenever there is a skier or snowboarder that needs adaptive assistance, we are there! Eagle Mount serves destination skiers, the Showdown PE program and local skiers.



Ski Session: Eagle Mount has a 6 week session from the week of January 14 through March 2, 2018.

Extra Opportunities: Wednesday— Friday (December– the end of March) and Sunday's (in March).



## VOLUNTEER TRAININGS

*The quality of the ski/board program is greatly enhanced by it's volunteers. Volunteers learn about different disabilities, teaching techniques and the adaptive equipment during the training session. Volunteers are an active part of the participant's education.*

Seasoned Volunteer Training– December 16 and 17, 2017 at Showdown, 9:30am-4pm.

New Volunteers are required to attend the following trainings for the ski/board program so Eagle Mount can continue to provide safe and effective lessons on the ski hill. All trainings will be at Showdown Ski Area.

**Dryland Training**– Thursday, January 4, 2018 at the Eagle Mount Activity Center, from 6-8pm.

**On Hill Training**– Saturday and Sunday, January 6 and 7, 2018 at Showdown, from 9:30am-4pm.



Registration for these trainings are required. Eagle Mount does not provide equipment for volunteers to ski/snowboard on or transportation to and from Showdown. Eagle Mount does provide a lift pass for volunteers on the day you volunteer your time. Please contact Steph Richardson, Ski/Board Program Coordinator, in the office if you are interested in volunteering. She can answer any questions you might have and get you excited about the season ahead!

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