

Showdown PE Program 2017-2018 Student Information and Beginner's Guide



We are excited to spend a day on the ski slopes with you. The following information is a guideline for your trip preparation, arrival, and departure. As well, other information that will make your day as enjoyable as possible.

Planning for your day at Showdown:

- **Fill up the tank:** Whether you're a beginner or a pro, Skiing and Snowboarding is hard work! Be sure that you'll have enough fuel to make the most of your day by eating a good breakfast and bring a sack lunch or money to buy items from the incredible King's Hill Grill. It's also a good idea to bring a quick snack along in your coat pocket in case the day begins to wear.
- **Dress the part:** Have you ever noticed that all the people in the extreme skiing movies are so bundled up that you can't tell the guys from the girls? That's because they're smart enough to wear layers! The pros know that it's better to look a little weird than to have to sit inside because it's too cold. While it may not be super cold on the day you're on the mountain, you'll want to be prepared for anything. Here's a list of stuff to start digging out of the closet at home:
 - A good warm coat to stop the wind and keep you dry
 - Snow pants, wind pants, or insulated or wool overalls
 - A warm hat that covers your ears
 - Waterproof winter mittens or gloves
 - Warm, tall socks – and a spare pair to wear home after your done for the day
 - Scarf or neck gaiter to keep the wind and snow out
 - Long-johns, tights, sweats, or sweaters to wear underneath as layers
 - Sunglasses or goggles to protect your eyes from wind, sun, and snow
- **Be kind to your Face:** Remember to throw sunscreen and chap stick in your backpack – You'll be outside most of the day so the sun and wind might be more than you are used to.

Should I Ski or Snowboard? Both are fun, but the first day on skis is *much easier* than the first day on a snowboard. Basic skiing skills are easier to pick up. If you choose to learn to snowboard, be prepared for a long, very tiring day and please, don't be surprised when your friends that learned to ski are zooming around the mountain, while you are working on your turns in the learning area. (And remember, you must be at least 8 years-old to snowboard.) Intermediate to advance level skiers and snowboarders, well, just keep doing what you love to do!

Showdownmontana.com is an informative outlet, as well as a great line up of photos and promotions.

Completing Your Yellow Card? Every single student coming to Showdown Montana must fill out a Yellow Card, even if you're not renting equipment. Why? It is your parent's permission for you to come to Showdown Montana. Please notice, there are two signature lines for user equipment and parents. Also, please indicate whether you are skiing or snowboarding, do not check both of the boxes. For skiing, you will need to choose skier type, 1 is beginner, 2 is intermediate, and 3 is advanced. For snowboarding, you will need to choose snowboarding stance, Regular is left foot forward and Goofy is right foot forward. Completing this information correctly is very, very important.

Here's what to do:

- Fill in your **Full Name**, your **Group's Name**, your **Home Mailing Address**, and **Phone Number**.
- Mark whether you are **renting** or **not renting**.
- **Snowboard Stance:** If you're a skier, Skip this part, and go on to Skier Type. **If you're a snowboarder, pick one.** **Regular** means left foot forward, **Goofy** means right foot forward. If you don't know or aren't sure, you still have to pick one as a place to start. Most right-handed people are Regular, Most left-handed people are Goofy.
- **Skier Type:** Snowboarders do not fill this part out; skiers choose 1 for beginner ability, 2 for intermediate ability, and 3 for advanced ability.
- Fill in your **Age**, **Weight**, **Height**, and **Shoe Size**. This tells us what size equipment you'll need. If you skip one, your equipment won't be ready when you arrive!
- **SUPER-IMPORTANT! Make sure your parent or guardian signs your Yellow Card on BOTH SIDES.** (Once under your age and weight, and once on the back on the very bottom.)
- **Return your card to the school ASAP!** Your teacher needs to send all the Yellow Cards to Showdown Montana two weeks before your trip. This way we have time to get everything ready for you. If you don't get your card in on time, your equipment won't be ready for you when you arrive at Showdown Montana, and you'll find yourself sitting in the rental shop, waiting, while your friends are outside having fun.

If you or your parents have any questions about filling out the Yellow Card, or what to expect once you reach Showdown Montana, please call our office at 1-800-433-0022 or e-mail at info@showdownmontana.com.