

**PARTICIPANTS INFORMATION**

1.) Name:..... Age: .....  Male  Female  
 Skier  Snowboarder  
**Skill Level:** Green Zone: 1 2 3 Blue Zone 4 5 6 7 Black Zone 8 9 (circle one)  
(See ability level guide to determine your child's ability)

2.) Name:..... Age: .....  Male  Female  
 Skier  Snowboarder  
**Skill Level:** Green Zone: 1 2 3 Blue Zone 4 5 6 7 Black Zone 8 9 (circle one)  
(See ability level guide to determine your child's ability)

3.) Name:..... Age: .....  Male  Female  
 Skier  Snowboarder  
**Skill Level:** Green Zone: 1 2 3 Blue Zone 4 5 6 7 Black Zone 8 9 (circle one)  
(See ability level guide to determine your child's ability)

**CONTACT INFORMATION**  
Parent or Guardian: .....  
Home Phone: ..... Cell Phone: .....  
Address: .....  
City: ..... State: ..... Zip Code: .....

**EMERGENCY CONTACT INFORMATION**  
Contact 1: ..... Phone: .....  
Contact 1: ..... Phone: .....  
Contact 1: ..... Phone: .....

**PAYMENT INFORMATION**  
 Visa/MasterCard  Discover  American Express  Cash  Check #: .....  
Credit Card #: ..... SSV #: .....  
Expiration Date: ..... Name on Card: .....  
Billing Address: .....  
Cardholder Signature: ..... Date: .....

# All Mountain Kids 2009/2010 child Health Information

**Child's Last Name:** ..... **Child's First Name:** .....

To provide a safe and successful ski and ride experience for you child, we request the following information. Please indicate if your child has any of the following conditions to any degree.

## Allergies

Food: .....  
.....

Medical: .....  
.....

## Please indicate if your child has any of the following:

- Hyper/Hypo Active Disorder (ADD)       Learning Disability
- Visual Impairment       Hearing Impairment
- Other (please describe) .....

Please provide some information concerning the above so that our coaching staff may be better equipped to handle any situations that may arise.

.....  
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.....

**Special Needs:** .....

**Medications Prescribed:** .....

Does the medication need to be taken during the All Mtn Kids Day: .....

Are there any behavioral or psychological concerns that we should be aware of? .....

.....

Is there any information of any type that you would like to share with Moonlight Basin SnowSports School that will make it easier for your child to have a great experience?

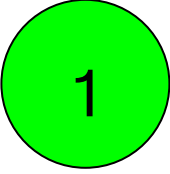
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All information provided will be considered confidential and will only be shared with All Mountain Kids Supervisors and Coach for your child's group.

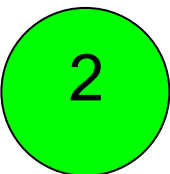
We, (Moonlight Basin, LLC) reserve the right to refuse admittance or to dismiss any child that we feel is in poor health or that does not adapt to our program. We also reserve the right to refuse acceptance of a child due to load limitations. The staff reserves the right to place a child in the level we believe will be most beneficial to the child.

Parent's Signature: ..... Date:.....

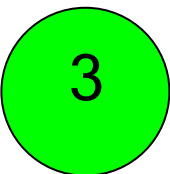
# Ability Level Guide

	This will be your first time on skis or a snowboard	
<b>Lesson Goals</b>		
<b>Skiers</b>	<b>Snowboarders</b>	
Learn to walk, slide, slow down, stop and begin to turn, in a “wedge”.	Learn to walk, slide, skate and stop	

	Skiers can stop and are working on turns. Snowboarders can slideslip in control on their heel edge	
<b>Lesson Goals</b>		
<b>Skiers</b>	<b>Snowboarders</b>	
Learn to control your speed by linking wedge turns, ride surface lifts, introduction to chairlifts.	Learn to sideslip and turn on toe and heel sides, introduction to chairlifts.	

	Skiers can make wedge turns, but want more control. Snowboarders can turn to both edges, but want more control.	
<b>Lesson Goals</b>		
<b>Skiers</b>	<b>Snowboarders</b>	
Learn to walk, slide, slow down, stop and begin to turn, in a “wedge”.	Learn to walk, slide, skate and stop	

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Skiers start turns in a wedge, and finish with skis close to parallel.  
Snowboarders can link toe and heel turns most of the time.

**Lesson Goals**

**Skiers**

Learn to develop versatility and better braking skills, and to make the transition from green to blue runs.

**Snowboarders**

Learn to move smoothly from turn to turn and ride confidently, make the transition from green to blue runs.

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Skiers start turns with a slight wedge, and finish with skis parallel.  
Snowboarders can consistently link turns.

**Lesson Goals**

**Skiers**

Skiers learn to develop more “dynamic” weight transfer and a narrower stance. Learn to make parallel turns on easy blue terrain.

**Snowboarders**

Learn to make different size turns for speed control and narrower trails.

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Skiers can make parallel turns on green slopes.  
Snowboarders can link toe and heel turns smoothly.

**Lesson Goals**

**Skiers**

Learn to ski with a consistent rhythm, and to handle the new challenge of blue terrain.

**Snowboarders**

Learn to ride with a consistent rhythm, and to handle the new challenge of blue terrain.



Skiers can make parallel turns on blue slopes.  
Snowboarders can adapt their turns to most blue slopes.

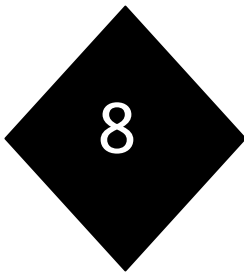
### Lesson Goals

#### Skiers

Learn to develop independent leg action, enabling you to ski with dynamic balance and to absorb terrain better. Increase your confidence on easy black slopes.

#### Snowboarders

Learn to develop independent leg action, enabling you to ride with dynamic balance and to absorb terrain better. Increase your confidence on easy black slopes.



Skiers can make parallel turns on some black slopes.  
Snowboarders can ride some black slopes with speed control.

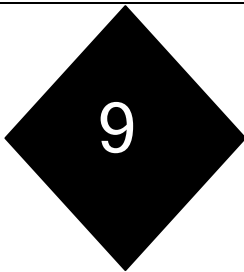
### Lesson Goals

#### Skiers

Learn to ski more aggressively on steeper, more varied terrain, and to link shorter turns on black slopes. Learn to make “dynamic” parallel turns, and to perfect the subtle timing differences of the pole plant that comes into play on steeper terrain.

#### Snowboarders

Learn to ride switch stance and beginning freestyle in the park and pipe.



Skiers make dynamic parallel turns, and ski black diamond slopes.  
Snowboarders ride black slopes, pipe, and park with confidence.

### Lesson Goals

#### Skiers

Explore tactics, expert techniques, and learn to read terrain with a guide. Perfect your skills in steeps, bumps, crud, powder, park, and extreme conditions.

#### Snowboarders

Explore tactics, expert techniques, and learn to read terrain with a guide. Perfect your skills in steeps, bumps, crud, powder, park, and extreme conditions.