

timberline week ski programme

on snow training



ON SNOW 7:30am - 12:30	Week 01	Week 02	Week 03	Week 04	Week 05	Week 06
Sunday	Intro to CSIA / BOS-COM Relationship	Skier assesment and development using the three competencies as a framework	CSIA Level I Exam	Skiing Skills Improvement	Assessment Improvement	Rest Day
Monday	Planes of Balance/ Using P of B as an assesment tool	Relating Planes of Balance to the three competencies	CSIA Level I Exam	Assessment and Development Improvement	Developing a tactical approach to teaching	CSIA LEVEL II EXAM
Tuesday	Skier Development Model and how it relates as a teaching tool	Teaching Tactics	CSIA Level I Exam	Assessment and Development Improvement	Developing a tactical approach to teaching	CSIA LEVEL II EXAM
Wednesday	Rest Day	Rest Day	CSIA Level I Exam	Rest Day	Rest Day	CSIA LEVEL II EXAM
Thursday	Skier Development focusing on Three competencies	Relating teaching Tactics to the skier development model	Rest Day	Free Tactics and Terrain Adaptation	Skiing Skills Improvement	CSIA LEVEL II EXAM
Friday	Skier Development focusing on FFTP Progression	Skiing Skills Improvement with FFTP Progression	Skiing Skills Improvement	Free Tactics and Terrain Adaptation	FTTP Review	CSIA LEVEL II EXAM
Saturday	Intro to skier assesment	Skiing Skills Improvement	Skiing Skills Improvement	Skiing Skills Improvement	Teaching / A&D Review	Free Skiing/Wrap Up

off snow training



Sunday	Ultimate Frisbee	Trail Run	CSIA Level I	Hike	Trail Run	Rest Day
Monday	Trail Run	Mountain Biking	CSIA Level I	Mountain Biking	Hike	CSIA LEVEL II
Tuesday	Hike	Trail Run	CSIA Level I	Kiteboarding/ Windsurfing	Mountain Biking	CSIA LEVEL II
Wednesday	Rest Day	Rest Day	CSIA Level I	Rest Day	Rest Day	CSIA LEVEL II
Thursday	Trail Run	Ultimate	Rest Day	Trail Run	White Water Rafting	CSIA LEVEL II
Friday	Ultimate Frisbee	Hike	Trail Run	Ultimate	Trail Run	CSIA LEVEL II
Saturday	Indoor Session: The Ski Instructors Role In the Ski Industry	Indoor Session: Importance of Customer Service for Ski Professionals	Indoor Session: Duty of Care	Indoor Session: Sales Tactics for the Ski Industry	Indoor Session: Professionalism in the Ski Industry	Boat Races!