

Alpine Fundamentals

- Control the relationship of the center of mass to the base of support to direct pressure along the length of the skis.
- Control pressure from ski to ski and direct pressure toward the outside ski.
- Control edge angles through a combination of inclination and angulation.
- Control the skis' rotation with leg rotation, separate from the upper body.
- Regulate the magnitude of pressure created through ski/snow interaction.

Snowboard Fundamentals

- Control the relationship of the center of mass to the base of support to direct pressure along the length of the board.
- Control the relationship of the center of mass to the base of support to direct pressure along the width of the board.
- Control the magnitude of pressure created through the board/surface interaction.
- Control the board's pivot through flexion/extension and rotation of the body.
- Control the board's tilt through a combination of inclination and angulation.
- Control torsional flex of the board using flexion/extension and rotation of the body.

The 5-Ts

THE 5 T'S

- **T**errain
- **T**raffic
- **T**actics
- **T**ask
- **T**iming
- **S**now surface

- The **5 Ts** need to be considered throughout every lesson.
- Teaching with **5 Ts** in mind, will lead to safe activities and learning for all students.