

January 8, 2019



## Noble Central Ski Trip

We are getting to that time of year again – Ski Trip time! This year's annual ski trip will be held on February 7th, 2019. Students will be travelling in a coach bus to Castle Mountain Ski Resort. The **bus will leave at 7:00am**. We ask that all students be at the school no later than 6:45am to begin loading the bus so we can leave on time.

Once we get to the resort, those students who are renting gear will be outfitted with their rentals and begin to get ready to ski or snowboard. As students get organized, they will be directed to their ski/snowboard lessons. All students are required to take a 1 hour lesson. Once lessons are finished, student will have the opportunity to ski or snowboard for the rest of the day. We will depart from the ski hill at 3:30pm, and return to the school at approximately 5:30pm.

### **Cost for the Ski Trip:**

See the attached permission form for individual costs. **All students are required to wear a helmet.** Parent are always welcome to join. It will cost \$25.00 for the bus. If you plan to ski, you may be eligible for a reduced chaperone lift ticket of \$39.00 based on a ratio of 10 students for every 1 adult. If parents are willing to act as a skiing chaperones and take on the responsibility of student supervision on the ski hill, your lift ticket will be free. Please let Mr. Uren know as soon as possible if you are willing to take this on.

If you are interested in participating in this year's ski trip, please fill out and sign the forms attached. **All forms must be submitted to Mr. Uren or Ms. Macmillan no later than January 21st and money must be submitted to the above people by Monday, February 4th.** If you have any questions, please contact Mr. Uren or Ms. MacMillan at the school.

Thank you,  
Phil Uren

Name: \_\_\_\_\_

Grade : \_\_\_\_\_

**Check which activity you would like to do.**

Ski: \_\_\_\_\_ or Snowboard: \_\_\_\_\_

**Do you plan on renting the following?**

\_\_\_ Skis \_\_\_ Ski Boots \_\_\_ Poles \_\_\_ Snowboard \_\_\_ Snowboard Boots

\_\_\_ Helmet **(\*\*All students are required to wear a helmet designated for skiing\*\*)**

**Please check the appropriate ability level.**

**Skier Ability**

\_\_\_ Level 1 - Never skied before OR skied once or twice needing more experience (unable to stop).

\_\_\_ Level 2 - Very basic turns on very gentle terrain; beginning to link turns.

\_\_\_ Level 3 - Able to ski parallel from middle to the end of the turn, turns may start in wedge on steeper slopes but there is a definite effort to balance on parallel edges through the end of the turn.

\_\_\_ Level 4 - Able to ski consistently on parallel edges on all green, blue terrain, small wedge might occur at the beginning of the turn on steep terrain, however the skis are parallel for almost all of the turn.

\_\_\_ Level 5 - Able to ski parallel on Black Terrain in all Snow conditions (Expert Terrain skier)

**Snowboard Ability**

\_\_\_ Level 1 - Never ridden before OR ridden once or twice with little success.

\_\_\_ Level 2 - Very basic side slipping with the ability to traverse across the hill in both directions. Can move around objects, and sideslip on both the toe and heel edge. Confident on Green terrain, Hesitant on Blue Terrain.

\_\_\_ Level 3 - Linked skidded turns on novice or intermediate terrain. Still using upper body to initiate turns with some edging used at the end of the turns. Able to ride all blue terrain confidently.

\_\_\_ Level 4 - Edging or carving becoming more predominant. Linked turns are using lower body with less upper body rotation. Able to ride all expert terrain confidently

**Student Info**

\_\_\_\_\_ height in cms.

\_\_\_\_\_ weight in kgs.

\_\_\_\_\_ foot length in cms (not shoe size).