



The Skiing Academy  
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 Visit The Academy at: www.skiingacademy.com


## The Jump Start Program – Level 1 Ski Instructor Mt. Hotham resort July 9–15, 2022

Dear Hotham Academy Skier:

WELCOME! We are glad you will be joining us on our **Jump Start Ski Instructor program** at Mt. Hotham this season. We are looking forward to skiing with you and know that you will have a great time training with the Academy team. As one of Australia’s finest resorts, Mt. Hotham has a lot to offer; great skiing, the best snow/terrain in the country, fine dining and abundant aprè ski activities. This is a great mountain to perfect your ski technique and learn the tricks of the trade from the finest instructors in the country. This course will work on all aspects of your skiing and ski instruction theory, making sure you enter the **APSI Level 1 course** confident and prepared. You will get in good mileage and lots of personal coaching throughout the week.

We will meet at **9.00am Saturday, July 9<sup>th</sup>** in Hotham Central’s **Chill Bar**. On the first day of the course your Academy Trainer will provide you with your APSI teaching manual, Membership Details and Academy Apparel. Below is an initial itinerary for your trip in addition to an equipment and clothing packing guide. This schedule may change slightly based on the group, the weather, etc. We will provide you an updated itinerary as we get closer to the start of the course. If you have any questions, please do not hesitate to call us at the Hotham Academy office at 0401 345 844 or send us an e-mail.

***Please arrive dressed and ready to ski. After everyone boots up and organizes their lift tickets we will head directly onto the mountain.***

Day 1 The Academy Sat, July 9	Day 2 The Academy Sun, July 10	Day 3 The Academy Mon, July 11	Days 4-7 APSI July 12 – 15
Introduction to ski instruction seminar and inspiring video.  All mountain ski improvement with video analysis  Mountain Orientation  Introduction to the APSI skills concept  Video Review and APSI Membership, Manual and Required Readings	Morning Stretching  Warm – up and ski improvement with video analysis  Demonstration skiing from the beginner student to the intermediate  How to instruct the beginner skier using an APSI teaching progression  Video Review and Tech Talk – Basic Skiing Biomechanics	Morning Stretching  Warm – up and ski improvement with video analysis  How to instruct a snowplough turning and Basic Christie turning student  Continued ski development to APSI certification standards  Introduction to Children’s teaching and spider webbing  Course wrap up, evaluation and preview of APSI Level 1 Course and Certification	 <b>Level 1 Course &amp; Assessment</b>

## **SAMPLE TRAINING DAY**

9:00	Meet in designated mtg. point, stretching, boot up, daily announcements
9:30am-12:00pm	On snow: free-skiing improvement, video, personal feedback
12:00-1:00pm	Lunch with group on hill
1:00pm-3:30pm	Continued ski and demonstration improvements, teaching progressions and technical theory.
4:00	Indoor clinic: video review & technical session

Our schedule will vary day to day depending upon snow conditions, weather conditions, desires of your group, and your group's general progression and improvement. Throughout the week there will be video/video analysis, indoor technical sessions, group après ski activities, and personal skiing evaluations.

You will receive more information from the APSI regarding the Level 1 course content and expectations upon sign up. As part of the APSI Level 1 course and assessment you will also receive a training guide and full description of the Level 1 process.

## **Mt. Hotham Information**

### **Directions:**

Hotham Alpine Resort is located in the heart of the Australian Alps National Park. It's classic Australian wilderness up there. Think snowgums, think rolling mountain ridges, think Man from Snowy River country... it's breathtaking. A great map and directions can be located at:

<https://www.mthotham.com.au/discover/explore/getting-here>

### **Resort Entry:**

A Resort Entry Fee is applied to all vehicles and passengers of coaches and taxis entering the resort during the declared snow season. Day permits can be purchased via the Alpine Easy Access prior to arriving at Mt Hotham. Season Entry Permits are also available and provide great value if you are planning to visit the resort for an extended period of time. Please take the time to consider which option offers the best value for you.

<https://www.mthotham.com.au/discover/explore/getting-here/resort-entry>

### **Accommodation Recommendations:**

Mt. Hotham has a large variety of on snow lodging options. Contact Mt. Hotham Central Reservations for lodging options in the village and advice on which place would work best for your needs.

<https://www.mthotham.com.au/accommodation/places-to-stay/search-book>

### **Lift tickets**

If you don't have a current Mt. Hotham season pass you will need to purchase a 7 day lift ticket. You can do this on the first morning of the course right in Hotham central (next to the Chill Bar). Here are the current multi day lift ticket prices.

<https://www.mthotham.com.au/lift-pass/lift-pass/search-book>

**THE FOLLOWING LIST MAY HELP YOU PACK:**

- Alpine skis, boots, poles (Rentals and high end demo equipment can be found at Zirkys)
- Helmet, beanie, headband
- Several pairs of ski socks (wool/polypropylene blend or polypro socks best)
- Top and bottom long underwear (silk or polypro)
- Neck warmer or face mask
- Fleece layer, top and bottom and or down insulating layer
- One or two pairs gortex or other water/wind proof material outer **ski pants**
- Gortex or other water/wind proof material **ski jacket**
- Spring and winter gloves (2 pair, waterproof)
- Goggles and sunglasses (2 pair goggles if you have them)
- Evening clothes: pants, shirts, jumpers, track pants, slippers (afternoon tech talks & apre activities)
- Comfortable shoes that work well in snow (waterproof if possible)
- Toiletries, including sunscreen & chapstick, soap & shampoo, body lotion, Hydration pack, camera, alarm clock (all optional)
- Small shovel (always good to have in your car when you travel to snow country) (optional)

Skiing in such a remote part of the country we highly recommend that you have a subscription to ambulance Victoria. Just in case of an emergency or accident, you will be glad you have it for such a small cost.

If you have any questions, please do not hesitate to give us a call 0401-345-844 or email us at [Hotham@skiingacademy.com](mailto:Hotham@skiingacademy.com)

We are looking forward to skiing with you!

**The Hotham Academy Team**



**\*\*PLEASE NOTE OUR CANCELLATION POLICY\*\*:**

***We will notify all registered participants 14 days prior to the event if the course is to be cancelled due to lack of sign ups (as described on our website, a min. of 4 persons per course is needed).***

***If you have to cancel for any reason (including medical), we require written notice in our office 14 days in advance of the first day of the course (you may send this via e-mail). With 14 days or more notice we can refund your payment minus 10% for administrative costs. Once we are within 14 days of the first day of the trip, we unfortunately cannot refund any portion of your payment even in the event of sudden illness or injury to you or your family. We recommend that you buy trip cancellation insurance (available through your travel or insurance agency) in case you get sick or injured (please stay healthy!!) before or during the trip.***