



SKI ESPRIT ~ DAILY ITINERARY

MONDAY

- 8:45 am All Ski Esprit participants meet at the base of Whistler Mountain next to the Excalibur (Blackcomb) Gondola, ready to ski!
- 9:00 ~ 11:15 Head up the Whistler Gondola for opening morning of skiing!
- creating group dynamics
 - assessing group fit
 - initial skier assessment
- 11:15~12:15 Lunch in the Roundhouse Lodge.
- any changes to groups will be made at this time
 - please bring any concerns about pace, terrain choice, ability to the attention of instructor or supervisor
- 12:30 ~ 3:00 Head out for the afternoon – Student Focused Teaching – Planes of Balance
- learning the individual student needs and goals
 - results focus
 - ongoing assessment and early development with a focus on Balance
- 3:30 ~ 5:00 Apres-Ski at Black's Original Restaurant

TUESDAY

- 9:45 AM Levels 3-6 meet on Whistler at Pikas Restaurant, downstairs in the Roundhouse Lodge. We're going Peak 2 Peak to Blackcomb! Level 2 meet outside the Longhorn Patio.
- 10:00 ~ 12:00 Skill development with Video analysis
- introducing centred and mobile stance
 - bring awareness to our stance and body position through video analysis
 - exercises to improve stance and body mobility
- 12:00 ~ 1:00 Lunch locations may vary
- 1:00 ~ 3:00 Afternoon Session – Focus on improvement through mileage
- working on stance and mobility through mileage and mountain exploration
- 3:00 ~ 5:00 Apres-Ski at La Bocca Restaurant

WEDNESDAY

- 9:45 AM All groups meet on Whistler at Pikas Restaurant, downstairs in the Roundhouse Lodge.
- 10:00 ~ 12:00 Skill development – turning with the lower body
- introducing “using our legs to turn”
 - how the lower body works independent of the upper body
 - exercises to improve pivoting
- 12:00 ~ 1:00 Lunch locations may vary
- 1:00 ~ 3:00 Afternoon Session – Focus on improvement through mileage
- taking new skills and exploring the mountain.
- No “official” apres

THURSDAY

- 9:45 AM All groups meet on Whistler at Pikas Restaurant, downstairs in the Roundhouse Lodge. We're going Peak 2 Peak to Blackcomb!
- 10:00 ~ 12:00 Skill development – Balancing on our edges.
- Edging to change direction
 - Progressive use of our edges
 - exercises to improve edging
- 12:00 ~ 1:00 Lunch locations may vary
- 1:00 ~ 3:00 Afternoon Session – Focus on improvement through mileage taking new skills and exploring the mountain
- 3:30~5:00 Fun Video and après at Cinnamon Bear Bar and Grille

FRIDAY

- 9:45 AM All groups meet on Whistler at Pikas Restaurant, downstairs in the Roundhouse Lodge.
- 10:00 ~ 12:00 Skill development – Blending it all together
- 12:00 ~ 1:00 Lunch locations may vary
- 1:00 ~ 3:00 Afternoon Session – Focus on improvement through mileage
- taking new skills and sensations and adapting it to the mountain

Contact Information
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