

INFORMATION

ASA YOUTH RACING CLUB & SHOSHONE FREESTYLE PROGRAM

Payments can be made at Sleeping Giant Ski Area or mailed to Sleeping Giant at PO Box 400, Cody, WY 82414

ASA Youth Racing Club

Cost is \$200 per athlete for training and team jacket. Price does not include lift ticket, ski equipment, or meals.

Dates for the ASA Youth Racing Club are: To be determined for 2018.

From 10 AM until 3 PM

Please contact Mike Nelson should you have any questions. 4mikann@gmail.com or by calling (406) 209-1689

Shoshone Freestyle Program

Cost is \$200 per athlete for training. Price does not include lift ticket, ski equipment, or meals.

Multi-Discipline Freestyle Program

This is for riders and skiers who want to have the most possible fun on their skiers or snowboards.

Our program introduces participants to freestyle riding and boarding in a safe, fun, and positive environment. We will be applying racing techniques along with core training to provide a solid foundation. Participants will apply freestyle maneuvers into all-mountain freeriding and freestyle areas during the course of the program.

COACHING METHODS

Our coaches will be using PSIA/AASI Freestyle Specialist teaching methods, which will include; explanations, demonstrations objective feedback, movement analysis and video analysis in order to measure each student's progress.

FREESTYLE MANEUVERS

Basic: straight airs over small natural or man-made features, ollies, nollies, flatland 180's & 360's, nose (tip) & tail rolls.

Intermediate: straight airs with a grab over small natural or man-made features, 180 airs, 50/50 on small boxes, flatland butter 180's & 360's.

Advanced: jumps with a grab and spin, 180 airs, 360 airs, board/ski slides on a box.

The Details

Dates / Times From 10 AM until 2 PM

January – TBD

February – TBD

AGES 8 TO 18 Can be younger if approved by Mountain Sports

COST: \$200.00 Does not include Lift Ticket, Rental equipment or food. Helmets ARE required!!!

ABILITY LEVEL Must be Intermediate to Advanced Skiers & Snowboarders

Please contact Mike Gimmeson should you have any questions. snowsports@skisg.com or by calling (307) 587-3125



348 North Fork Highway | Post Office Box 400 | Cody, WY 82414 | (307) 587-3125 | www.skisg.com