



Summit Performance weeks

The goal of this course is to set you up for the winter ahead. Working on fundamental techniques to give you the confidence to happily tackle any terrain or snow conditions. The course will also prepare you for the technical elements of a BASi instructor exam.

Our philosophy is that good skiing results from fluid movements that are adapted to the snow and terrain. With this in mind our main focus will be on developing the core skiing skills. Here are some of the elements we will be looking at:

- The core skills and how they can be varied.
- Adapting the core skills to snow and terrain.
- An improved understanding of the required movements.
- A more tactical approach to your skiing.
- Staying in balance in more challenging situations.

We will work in small groups to ensure you get plenty of personal feedback from your coach, who will also use video analysis to help you improve your own understanding.

Who

A group for advanced skiers and aspiring ski instructors looking to pass BASi exams.

When

November 10th - 14th

Where

Zermatt is the perfect location for pre-season training. We will be skiing on the glacier at 3000 metres on good winter snow.

Key Information

- Groups of no more than 6
- 5 full days on-snow coaching
- Video analysis
- Off snow balance & co-ordination sessions

Cost

550 chf

November Performance Courses

