



## TREK ABILITY LEVELS

### Downhill Skiing or Snowboarding

Each Trek participant will be placed in a class according to his or her ability level. Please read through the following level descriptions carefully and be sure you have chosen the color that describes your child's abilities AT THIS TIME, not what you would LIKE them to work towards. The color listed is the flag your child will stand in front of at 9:15am on the first day of their session.

**Please Note:** If you are unsure which level to place your child in, please air on the cautious side. It is better to move a child up a level rather than down a level. Having your child get frustrated and moved down a level on the first day can be discouraging to both you and your child.

<u>Color</u>	<u>Description</u>
<b>Red</b>	First time on skis or snowboard. Has <i>never</i> skied or boarded before.
<b>Yellow</b>	Has skied or boarded before. Can ski in a cautious wedge stance (pizza) on easiest terrain. Snowboarder can do skidded traverses and can stop.
<b>Green</b>	Rides the chairlift and is comfortable on green terrain. Can ski with confident wedge turns. Snowboarder can link turns in both directions.
<b>Blue</b>	Is comfortable on blue terrain. Can ski with wide stance parallel turns. Snowboarder can confidently link turns on blue terrain.
<b>Black</b>	Is an all mountain skier or snowboarder. Is a parallel skier, or a snowboarder who carves dynamically.