

### Saturday Lessons

for Juniors & Adults SKIERS 6+ YRS | SNOWBOARDERS 6+ YRS | ALL ABILITIES

Give us 8 Saturdays and we'll give you the edge! Skiers and snowboarders, beginnner to advanced, will learn skills to improve their technique. Depending on your level, you will also get a chance to explore the terrain parks.\*\* Groups will be appointed by appropriate age and ability levels. A great chance for parents to take an adult lesson at the same time their kids are learning.

For an additional \$50 you can add Lift Tickets (valid 12:30–4pm) to the prices shown below for a Pre-Season rate of \$250 – or Regular rate of \$280.

Applicants will not be accepted after Jan. 11.

start 1/3/15 finish 2/28/15 **8 SATURDAYS** (no classes will be held on 1/17) 2–4pm







#### SKIERS 7-14 YRS | INTERMEDIATE\*

For students who are **NOT** interested in racing and are looking for a total mountain experience. Instruction in bumps, trees (when available) and progression park skiing will be included. This 8-week program will have as its goal the creation of strong freeride skiers. **EXPLORERS** can be taken as a 1-day (either 8 Saturdays or 8 Sundays) or a 2-day weekend (both Saturday & Sunday) program.

start 1/3/15 finish 2/22/15 **Runs 8 consecutive weekends** 9-11am and 12:30-2:30pm

> 1-Dav 8 SAT or 8 SUN

2-Dav SAT & SUN



Season Pass required for all programs (except Sat. Lessons & Women's Wed.) Participants must be able to ski or snowboard at the designated level and ride all lifts on their own.

# Advanced Freestyle NEW

SKIERS & BOARDERS 7-14 YRS | ADVANCED\* | TP PASS REQUIRED\*\* This all day program is an evolution of last year's "Advanced Park" program. It will concentrate on advanced slopestyle and park skiills. Coaches will help the athletes develop the skills that are so much a part of today's fast growing Freestyle segment. A controlled environment and safety will continue to be emphasized. The program includes the opportunity for athletes to participate in some USASA events.

start 12/27/14 finish 3/1/15 Includes Christmas Camp continues every SAT & SUN 9-11am and 12:30-2:30pm

\*\*Twisted Terrain park pass not included in lesson cost.

\$500 \$575

380 State Road Great Barrington, MA 01230 413.528.2000 x157 or x212 SkiSchool@SkiButternut.com Daily Snow conditions: www.SkiButternut.com

### Women's Wednesday

ADULT WOMEN | ALL LEVELS This program is for the ladies. Skiers and snowboarders of all abilities will be taught exclusively by women on 8 Wednesday mornings. Two hours of instruction will be followed by a light brunch, just for the group. Come develop your skills and join in the fun! Prices shown below are for the lessons only.

For an additional \$50 you can add Lift Tickets (valid 9am–12:30pm) to the prices shown below for a Pre-Season rate of \$270 – or Regular rate of \$300.

start 1/7/15 finish 3/4/15 WEDNESDAYS (no class on 2/18) Lessons 9–11am Brunch 11-11:30am







**Our Staff** 

Ski Butternu

Your enrollment in the Tri-State and Interclub programs automatically gives you membership in the Butternut Race Club. The club serves an important function assisting in the development of our successful race program and the creation of competitive skiers. The club is responsible for communication within the race program and also underwrites the purchase of some specific race related equipment i.e. radios, timers and video cameras. In addition, the club arranges social events to encourage interaction between its members both parents and children.

### 2014/15 Adult & Junior Ski Butternut **RACING & LESSON PROGRAMS**



Ski Butternut's Snowsports School is a member of both the prestigious

Professional Ski Instructors of America and the American Association of Snowboard Instructors. Our staff is trained through programs and clinics offered by PSIA, AASI, and the United States Ski Coaches Association.

### **Butternut Race Club**

loin our group at Search ButternutRaceClub



CHEVROLET

### **Register early & save!**

Programs can sell out quickly – order by 10/31/14 to ensure your spot and get pre-season prices.

## **Tri-State**

Ski Butternu

SKIERS 10-17 YRS | ADVANCED\* | MEMBER USSA & TRI-STATE REQ.

Open to skiers with or without racing experience. There will be coaching in all aspects of alpine racing, including mental, physical and skiing skills. These athletes will participate in drills and race situations preparing them for USSA, slalom and GS races. This program is for young athletes with ambitious goals who wish to compete at higher levels. Racers will compete in USSA sanctioned events.\*\* Tri-state training starts with an early morning session and continues with an afternoon session.

start 12/13/14 finish 3/1/15 every SAT & SUN 8-11am and 12:30-2:30pm Includes Christmas Camp



### Interclub

SKIERS 6-14 YRS | INTERMEDIATE\* | MEMBER USSA & TRI-STATE REQ.

This all-day program will introduce young skiers to both the mental and physical elements of alpine racing preparing them for slalom and giant slalom races. The kids will have the opportunity to compete in interclub races\*\* against other ski teams in the Berkshires – allowing them a chance to experience and refine their newly developed skills in a competitive environment. After a year or two in interclub, kids with lots of drive and motivation can move on to our more competitive Tri-State racing program. (Note: On race days all interclub coaches will be attending the races, team members not attending races will be on their own.)

start 12/27/14 finish 3/1/15 every SAT & SUN 9-11am and 12:30-2:30pm Includes Christmas Camp



### **Development**

SKIERS 6-10 YRS | INTERMEDIATE\*

This half-day program introduces young skiers to alpine racing. The primary focus is on developing good fundamental skiing skills, which are then applied to FUN (non-competitive) racing drills and games. This is a great program for kids to explore their interest in alpine racing! Program ends with a race on Sat. 2/28/15.

start 1/3/14 finish 2/28/15 everv SAT & SUN 9–11am

PRE-SEASON \$325 egular rate \$375



\*\*Tri-State & Interclub racers must join USSA & Tri-State to compete in any races. USSA events are open to kids 10 years old and up. Your USSA membership number will be required on the 2014/15 Ski Butternut Program & Racing Application.

\*Participants must be able to ski at the designated level and ride all lifts on their own.

Order programs ONLINE at: www.SkiButternut.com/Racing or fill out the enclosed application & mail it. Orders received or applications postmarked by 10/31/14 will gualify for lower pre-season pricing.



### Christmas Peak Performance **Alpine Camp**

SKIERS 6-17 YRS | INTERMEDIATE to EXPERT\*

Open to strong intermediate to expert level skiers with or without racing experience. Coaching will include development of skills to ski the whole mountain and all aspects of racing, including drills for slalom and giant slalom. Groups will be divided by age, preference (racing, free skiing, combo, etc.) and our assessment of their ability. This is a great way to prepare for the high school race season.

start 12/29/14 finish 1/2/15 9-11am and 12:30-2:30pm



#### Adult Race 9–11am ADULT | ADVANCED

(Limited to 10 participants - sign up now.) For adults interested in improving their racing technique. The primary focus will be on developing movement patterns to generate better ski performance and racing tactics needed to improve race results. Approximately half of the time will be spent training with gates or race training aids. Ideal for skiers that participate in race leagues & NASTAR.

### **Relaxed Learning**

9-11am ADULT | INTERMEDIATE

For those who wish to learn at their own pace. Perfect for parents of children in the race program. The movement patterns being taught are common with the afternoon upper level skier improvement group, but done at a relaxed pace on less challenging terrain.

#### **Upper Level Skier Improvement** 12:30–2:30pm ADULT | ADVANCED

For adults who wish to improve their personal skiing. The focus will be centered on movement patterns that improve performance from a well-balanced stance. Participants will learn how to adjust their technique for different terrain & snow conditions.

start 1/3/15 finish 2/21/15 every SATURDAY



Season Pass required for all programs (except Sat. Lessons & Women's Wed.)