

adaptive SPORTS FOUNDATION



GETTING READY
TO SKI AT
WINDHAM MOUNTAIN!

(write your name here!)

**is going to ski
at Windham Mountain.**



Skiing is lots of fun!

We are here to help you when you arrive at the **ASF Lodge**.

Be sure to **sign-in at the DESK,**



visit the **EQUIPMENT ROOM** to gear up,

and relax by our warm, cozy, **FIREPLACE.**



The Lodge can be very busy when lunch is served.



You can go to the **Quiet Room** to relax, if you like.



Now, Let's
LEARN and **PRACTICE**
SNOWBOARDING SKILLS
at home
BEFORE
you go to
Windham Mountain!



Practice putting your boots on and taking them off.



If you don't have
ski boots at home,
**come to Windham early
and practice here!**



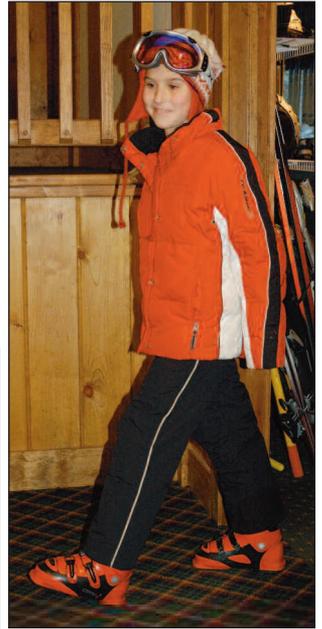
Bend your ankles.

Sometimes boots squeak
when you bend and unbend
your ankles.



Do yours squeak?

**Walk around
in your
ski boots.**



**Do you
feel like
Frankenstein?**



**Sit on a table or a tall chair.
Swing your feet in the air.
How do they feel? Heavy?**



**This is what its
like to ride a chairlift.**



Stand like a skier.
Slightly bend your ankles,
knees and hips.



Put your arms up in front of
you. Pretend you are holding
the handlebars of a bike.

Look where you are going!

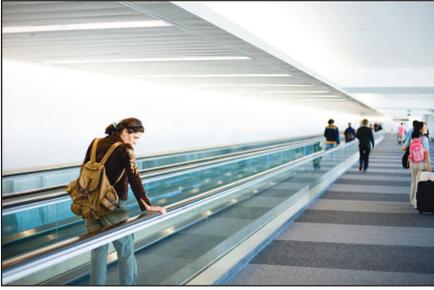
Sidestep in your boots. Use the stairs to practice.



At Windham we have
a trail called **Wooly Bear**
that has a **magic carpet**.



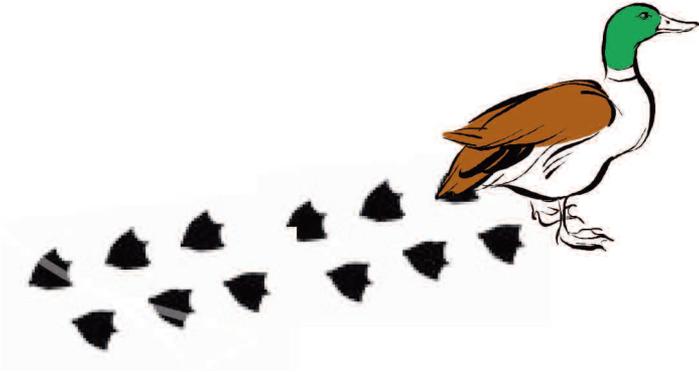
When you stand
on the **magic carpet**
it takes you up the hill.
It is important to stand still.
Practice standing still.



A
magic carpet
is just like a
moving
sidewalk.

You might go
to the mall
with a parent
or friend to
practice
getting on
and off an
escalator.
This is like
getting on
and off a
magic carpet.





Quack. Quack. Quack.
Can you walk like a duck?



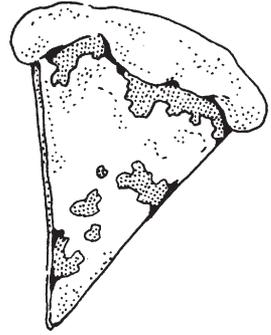
Skiers call this a **herringbone**.
To do this,
point your toes out.



Try walking up a shallow hill.



Do you like **pizza**?
Sometimes when we
ski we make
pizza pie wedges
with our skis.



Try it with your feet.
Point your toes
towards each other.



Now try this!

Make a practice area.

Use cardboard, paper or sidewalk chalk to make a “pizza” and walk like a “duck.”



Practice Turning Your legs!
Stand on paper plates.
Put your hands on your hips.

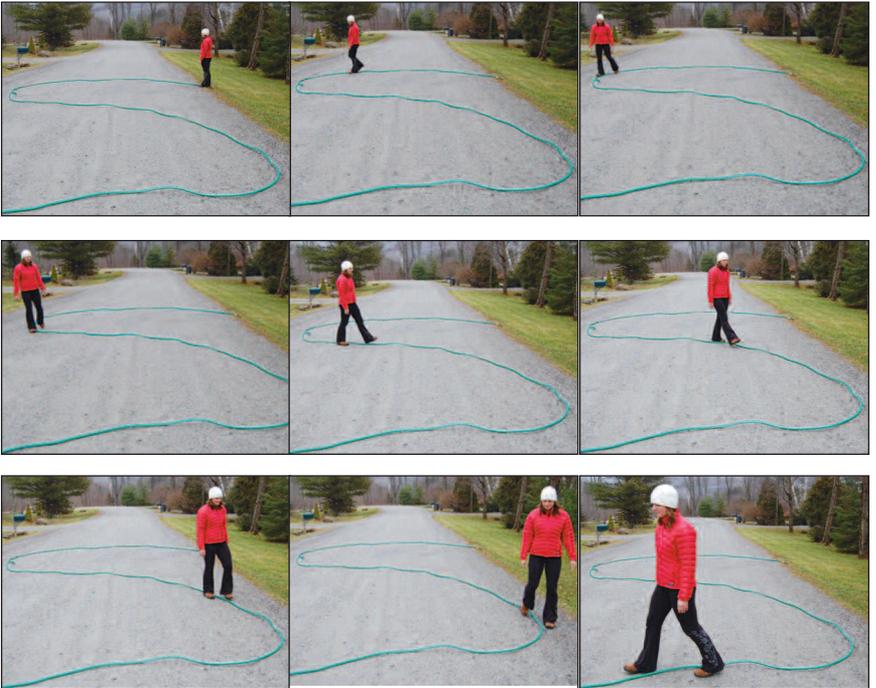


Can you turn
ONLY your legs?

Practice Making “S” Turns!

Skiers make turns on the hill.

Take a hose, rope
or sidewalk chalk and
make a curvy path.



Can you walk with one foot
on each side of the path?





Go Sledding!
Have fun sliding!





Go Ice Skating . . .



Skating
feels a lot
like
skiing
because
you are
sliding.

. . . or Rollerblading!



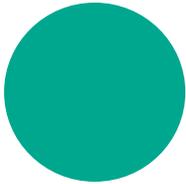
**Are you excited
about going skiing?
We can't wait to see you at
Windham!**



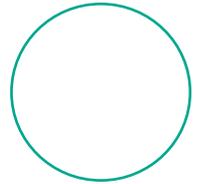
Skiing is lots of fun!

Learn about the Trails!
Ski trails have signs that tell you how difficult a trail is.

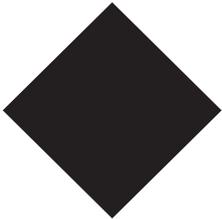
Match and Color the Trail Signs!



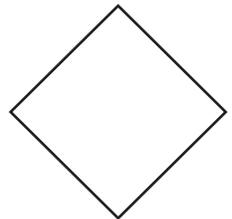
Green circles mark
EASIEST trails.



Blue squares mark
INTERMEDIATE
trails.



Black diamonds
mark
**MOST
DIFFICULT**
trails.



**We will help choose the trail
that is right for you!**



Windham Mountain is fun to ski.



Adaptive Sports Foundation Building



adaptive SPORTS FOUNDATION

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for People with Disabilities**

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