



Pre-Season Training – What to Expect?

Pre-season training is awesome! It is a great way to scratch that skiing itch during shoulder season (that dreaded time between the closing of airbags and water ramps and the opening of the slopes). It also gives us access to built features on the hill to help wake up that muscle memory for the ski season.

The features we'll be training

Roller Tank

A roller tank is a tool for skiers to use when learning proper turn sequencing. The tank consists of 6-8 rollers that are perpendicular to the fall-line in which skiers can practice different parts of the turn. This skill can then transfer over to big mountain and mogul skiing.

Air Site

An air site is a singular jump with no moguls before or after it where skiers can dial in their tricks without the added complexity of bumps before and after. A variety of jumps can also be built to suit different disciplines of skiing (Slopestyle & Moguls).

An air site is much like an airbag or water ramp in that there are no other factors to worry about; just the jump and the skier. This controlled medium of jumping allows skiers the greatest amount of focus on their tricks and allows for a safe learning experience.

Mogul Lane

A mogul line is a lane of moguls spaced evenly in the same manner as they would appear in a mogul course. Much like the air site, this medium is designed to allow skiers to focus on their turns without other distractions.

A short, repeatable mogul lane with no jumps allows the skier an opportunity to practice particular turn skills numerous times in the same run. This encourages a faster progression in turn technique. For athletes that do not enjoy jumping quite yet this is also a great tool, as the airs are eliminated creating a low-fear-factor training environment.

Rail Features

FPSC recently purchased two park features (your fund-raising dollars at work!) and these will be available for training all winter, including pre-season. The features will consist of a “lube tube” and “tanker rail”. The “Lube tube” will be set up very low to the ground and is ideal for first-time rail users. The “Tanker rail” will also be low to the ground but is geared towards skiers comfortable hitting a rail sideways. This setup is ideal as skiers learning on the “lube tube” can transition to the “tanker rail”.



Equipment Needed

You will need all the same gear you would regularly use for a ski day. Even though it is November / early December, it can get cold. So, dig out your thermals! You just might need them..... and it can also be pretty sunny, so bring some sunscreen. Also, some features are set up to be hiked and lapped so it is beneficial to bring multiple layers so you can shed clothing if you need to.

Food

This year there will be no meal plan provided so you will need to bring your own lunch. The lift pass covers two 3.5hr sessions per day. After we are done skiing in the morning session at around noon there will be a break for lunch. Please bring your own food, drinks, and on-hill snacks to fuel you through the day.

Lift Passes/Lane Fees

You will need a lift pass and we will order it for you based on your registration. This pass covers the Toby chair and facility fees. Please note that regular-season season's passes are not valid for pre-season training. Once we receive your pre-season lift passes, we will bill you the exact amount (approximately 1 week before training).

We hope to be using the Toby lift to access the training sites, however, there is a small chance that the lift (which is currently undergoing some repairs) will not be spinning by the time we want to train. If this occurs, the cost of your lift pass will be deeply discounted and we'll get to enjoy a bit of extra cardio by hiking the features. Regardless of the status of the Toby lift, a pass is required since part of the purchase process involves the signing of important waivers.

Number of Days	Cost*
1 Day	\$96.85
2 Day	\$193.70
3 Day	\$278.85
4 Day	\$371.80
5 out of 6 Days	\$455.00
6 out of 7 Days	\$546.00
7 out of 8 Days	\$618.80
Season Pass	\$649.00

*Prices are per person, per day plus tax.