## Vertical Challenge

Purpose: To encourage teamwork and gain mileage and to create competition outside of the race arena

How To:
- Divided groups evenly and with a variety of ski and age classes
- Coaches need to have an app that tracks vertical feet. (hint - all coaches should use the same app and be sure to have FULLY charged phones)
- Use the entire program day to track vertical feet

Wrap Up:
- Meet at the end of the day and review highlights and lowlights of the activity
  - Highlights = the best moment of the day
  - Lowlights = a teachable moment, something that we can learn from and improve upon
- Fun Prizes for the top 3 teams - no medals!
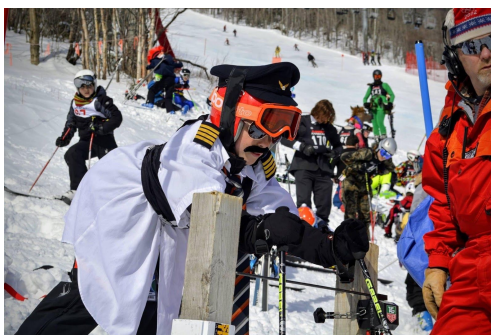
Scavenger Hunt:

Purpose: Entire club participation, engage your older athletes as team leads and mentors

How To:
- Create groups with athletes from each age group
- All items on the list must be photographed. That is how we check off whether or not the item has been completed - this also provides a great group of photos to promote programming for the future.

- Gather a list of items that require athletes to travel all over the mountain and interact with different people on the mountain.
    - Example:
        - Group picture with the Head of Ski Patrol
        - Make a "thank you note" and deliver it to the snowmakers on the mountain
- End the HUNT with a video on why you love the program
- Prizes/Recognize **ALL** groups

<u>Obstacle Courses:</u>

Purpose: Super fun stations/environments, where looking ahead, adaptability, and athleticism are the goal!

How to:
- Use all types of learning aids and gates (brushes, stubbies, gates, dye)
- Create a "course" with varying features, hopefully over interesting terrain
    - Use whatever you have
- Example of items along your course: quick turns, across hill turns, hops, ducking, stepping, jumping, whirly birds, backwards, herringbone, skating, you name it…!
- Run the obstacle course in "race" fashion - with a starting gate and finish gate.
- Make it challenging!
- Coaches should do it too!

25's, 50's, 75's, 100's!:

Purpose: This is a counting game which encourages repetition, timing, focus, and can be physically demanding. It can be scored individually, or by teams.

How to:
- Choose the freeskiing task (for a run, for an hour, for a session, for a day)
- Do this task, starting on gentler terrain, and do it 25 times.
- When everyone can accomplish this task for 25 repetitions, either move to a more challenging terrain to repeat 25 repetitions, or move to 50 repetitions, then to 75 repetitions, and so on.
- Stop after every 25 reps, to refocus and catch your breath.
- Move on to more rep's as a group
- Count your turns/reps for the session (don't count them if they were not executed correctly)
- Encourage the athletes to watch and count for each other. AND cheer other athletes on!
- Groups or individuals to submit totals after session/day.