

Student Info & Beginner's Guide - PE Program

2022-23

We're excited to spend a day on the slopes with you! The following information is a guideline for your trip preparation, arrival, and departure as well as other information that will make your day as enjoyable as possible.



Planning for your day at Showdown:

- **Fill up the tank:** Whether you are a beginner or a pro, skiing and snowboarding is hard work. Be sure that you'll have enough fuel to make the most of your day by eating a good breakfast.
- **Dress the part:** Have you ever noticed that all the people in the extreme skiing movies are so bundled up that you can't tell who's who? That's because they're smart enough to wear layers! The pros know that it's better to look a little weird than to have to sit inside because it's too cold. While it may not be super cold on the day you're on the mountain, you'll want to be prepared for anything. Here's a list of stuff to start digging out of the closet at home:
 - A good warm coat to stop the wind and keep you dry
 - Snow pants, or insulated or wool pants or coveralls
 - A warm hat that covers your ears
 - Waterproof winter mittens or gloves
 - Warm, tall socks – and a spare pair to wear home after you're done for the day
 - Scarf or neck gaiter to keep the wind and snow out
 - Long-johns, tights, sweats, or sweaters to wear underneath as layers
 - Sunglasses or goggles to protect your eyes from wind, sun, and snow
- **Be kind to your Face:** Remember to throw sunscreen and chap-stick in your backpack. You'll be outside most of the day so the sun and wind might be more than you're used to.

Should I Ski or Snowboard? Both are fun, but the first day on skis is **much easier** than the first day on a snowboard. Basic skiing skills are easier to pick up. If you choose to learn to snowboard, be prepared for a long, very tiring day. Don't be surprised when your friends that learned to ski are zooming around the mountain, while you're working on your turns in the learning area. Please remember, you must be at least 8 years-old to snowboard. Intermediate to advanced level skiers and snowboarders, well, just keep doing what you love to do!

Completing Your Yellow Card? Every single student coming to Showdown Montana must fill out a Yellow Card, even if you're not renting equipment. Why? It is your parent's permission for you to come to Showdown Montana. Please notice, there are two signature lines for user equipment and parents. Also, please indicate whether you are skiing or snowboarding, do not check both of the boxes. Completing this information correctly is VERY important.

Here's what to do:

- Fill in your **Full Name**, your **Group's Name**, your **Home Mailing Address**, and **Phone Number**.
- Mark whether you are **renting** or **not renting**.
- **Snowboard Stance:** If you're a skier, Skip this part, and go on to Skier Type. **If you're a snowboarder, pick one. Regular** means left foot forward, **Goofy** means right foot forward. Think about which foot you would use to kick a ball. If you don't know or aren't sure, you still have to pick one as a place to start. Most right-handed people are Regular, Most left-handed people are Goofy.
- **Skier Type:** Snowboarders do not fill this part out; skiers choose 1 for beginner ability, 2 for intermediate ability, and 3 for advanced ability.
- Fill in your **Age, Weight, Height**, and **Shoe Size**. This tells us what size equipment you'll need. If you skip one, your equipment won't be ready when you arrive.
- **SUPER-IMPORTANT! Make sure your parent or guardian signs your Yellow Card on BOTH SIDES.** Once under your age and weight, and once on the back on the very bottom.
- **Return your card to the school ASAP!** Your teacher needs to send all the Yellow Cards to Showdown Montana two weeks before your trip. This way we have time to get everything ready for you. If you don't get your card in on time, your equipment won't be ready for you when you arrive at Showdown Montana, and you'll find yourself sitting in the Rental Shop, waiting, while your friends are outside having fun.

Questions? Please call Hannah at 406.236.5522 or email peprogram@showdownmontana.com