

Polaris K-12 Ski & Snowboarding Intensive

Registration Packet 2017

Contents:

- Packages & Ability Levels
- Course Expectations & Gear List
- Safety & Course Expectations Agreement
- Duties of Skiers/Snowboarders
- Alyeska Resort Mountain Learning Center
Equipment Rental & Liability Release
(please sign and return liability waiver even if you are not renting gear)
- Lesson Registration Form
- ASD Permission Form & Emergency Medical Treatment Authorization
- Remind Text Notification Instructions



Checklist for Return:

- Signed Safety & Course Expectations Agreement
- Alyeska Resort Mountain Learning Center Equipment Rental & Liability Release *(must sign and return even if you are not renting equipment)*
- Completed Lesson Registration Form
- Completed Permission & Medical Authorization Form
- Payment 1*

All forms and the first payment* are due by Tuesday, December 6th. Please return completed paperwork and payment (checks payable to Polaris K-12) to Heidi in RM 231.

** Payment 1 is due on 12/8/16. Payment 2 will be due 1/24/17, the week following intensives, and will reflect any adjustments for missed days due to weather closures. Please see one of the Intensive teachers if you would like to arrange an alternative, flexible payment plan.*



Polaris Skiing & Snowboarding Intensive 2017

Eight-Lesson Packages

New to the sport or looking to dramatically increase skill level

Eight-lesson packages are available for all skill levels and allow students to take full advantage of their time on the mountain while advancing their skill level by one, two, or even three skill levels in just two weeks! Students at Level 1, 2, and 3 must enroll in an eight-lesson package. Students enrolling in eight-lesson packages will have first registration priority.

PACKAGE A
Season Pass Holders
\$240 – 8 Lessons
\$120 Transportation
\$360 TOTAL

PACKAGE B
Lessons & Lifts
\$240 - 8 Lessons
\$240 Lift Ticket
\$120 Transportation
\$600 TOTAL

PACKAGE C
Lessons, Lifts & Rentals
\$240 – 8 Lessons
\$240 Lift Ticket
\$120 Transportation
\$120 Rentals
\$720 TOTAL

Four-Lesson Packages

Skilled participants looking to significantly advance their performance

Four-lesson packages are available for skill levels 4, 5, and 6 only and offer direct instruction from the talented Mountain Learning Staff. Avoid bad habits and really sharpen your skills while learning more varied terrain and maximizing your experience on the mountain.

PACKAGE D
Season Pass Holders
\$160 – 4 Lessons
\$120 Transportation
\$280 TOTAL

PACKAGE E
Lessons & Lifts
\$160 - 4 Lessons
\$240 Lift Ticket
\$120 Transportation
\$520 TOTAL

PACKAGE F
Lessons, Lifts & Rentals
\$160 – 4 Lessons
\$240 Lift Ticket
\$120 Transportation
\$120 Rentals
\$640 TOTAL

Two-Lesson Packages

Experienced participants looking to polish and refine their skills

Two-lesson packages are available for skill level 6 only and allow our most experienced students to participate in one lesson each week and use the remaining time to set and achieve personal goals with extended time for independent practice. Two-lesson packages allow students with Season Passes to make the most of their investment!

PACKAGE G
Season Pass Holders
\$80 – 2 Lessons
\$120 Transportation
\$200 TOTAL

PACKAGE H
Lessons & Lifts
\$80 - 2 Lessons
\$240 Lift Ticket
\$120 Transportation
\$440 TOTAL

PACKAGE I
Lessons, Lifts & Rentals
\$80 – 2 Lessons
\$240 Lift Ticket
\$120 Transportation
\$120 Rentals
\$560 TOTAL

Lesson prices reflect up to a 50% discount offered from Alyeska's Mountain Learning Center to our Polaris Students through Group Rates for the Intensive.

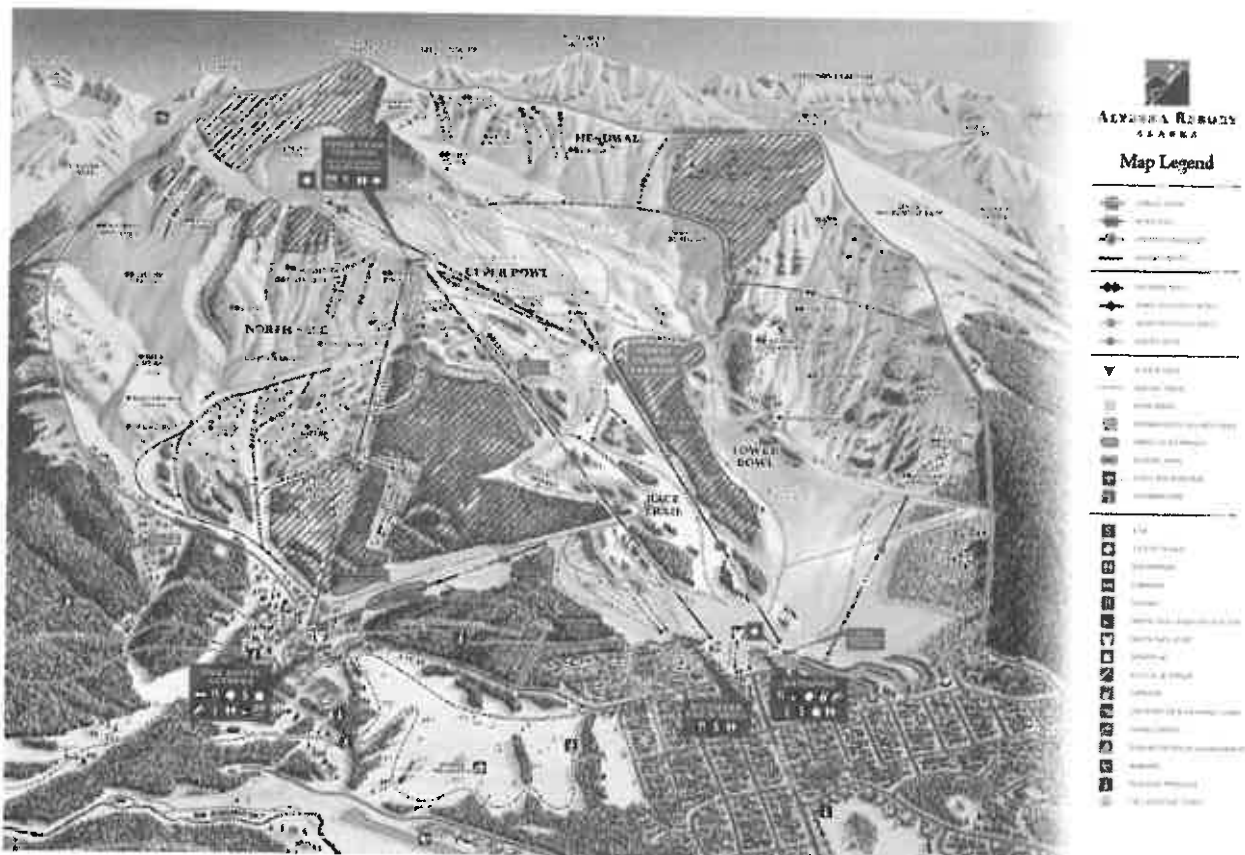
EXPLANATION OF SKI & SNOWBOARDING ABILITY LEVELS

BEGINNER - LOWER MOUNTAIN

<i>Level</i>	<i>Ski Levels</i>	<i>Snowboard Levels</i>
1	Never skied before	Never boarded before
2	Can snowplow, stop & ride the magic carpet	Can sideslip heel & toe, stop & ride the magic carpet
3	Can link wedge turns and ride a beginner chairlift	Can link turns, stop & ride a beginner chairlift

INTERMEDIATE/ADVANCED - UPPER MOUNTAIN

4	Can link basic parallel turns on blue terrain	Can vary turn shape, intro to bumps and black terrain
5	Can keep skis parallel on a blue terrain	Mastered all snow conditions and bumps on black terrain
6	Can vary turn shape, intro to bumps and black terrain	Can ride the entire mountain in all conditions



Polaris K-12 Ski & Snowboarding Intensive

Course Expectations and Gear List

Expectations

- Students will increase their skill level and fully engage in scheduled lessons.
- Students are responsible for keeping a journal with weekly writing prompts.
- Students will fully participate in all activities and follow all safety rules.

Schedule – Students need to arrive at the regular school time and report to the intensive teachers. Buses will depart Polaris daily at 9:00AM and return at approximately 5:30PM. Please pick up students promptly at 5:30PM.

Scheduling Note: There will be no school for skiers/snowboarders on the first Friday, January 14th – students do not report to school at all on this day. This is a day of rest and recovery. Please plan accordingly.

Attendance – Attendance is crucial during the Intensive. Fees cannot be refunded due to illness or absence. Time on the mountain or engaged in another winter sport will need to be documented and turned into Coach Damon by March to receive credit for days missed. Extenuating circumstances will be considered on a case by case basis.

Behavior & Good Citizenship – Students are guests at Alyeska representing Polaris K-12 School. Safety is the primary concern. Any behavior inappropriate for school is inappropriate on the mountain. Students are expected to ski and snowboard courteously within the groomed areas. If a student violates any safety or ASD policy, they will be asked to stay in the day lodge with an adult and a parent conference will be held before the next day on the mountain.

We will be traveling by bus each day. Students must assist in loading and unloading gear from the buses. Please clean up your trash before leaving the bus.

Lessons – Everyone will be taking a lesson during the intensive. Each student is expected to fully participate in his or her morning lesson and practice new skills in the afternoon. Students will be courteous to all Alyeska staff and instructors.

Lunch – Don't forget to bring water/beverages/snacks/lunch to sustain you throughout the day. The Java Haus and The Bake Shop are open if you wish to bring money to purchase your lunch. Pick up all of your trash and bus your own tables in the day lodge.

Buddy System – Each student must be responsible for their own safety by skiing or snowboarding with a group or a partner AT ALL TIMES.

Clothing – Alaska can be very cold this time of year. Make sure you have lots of warm layers to keep you warm on the mountain. You can always leave extra clothing in the lodge. Avoid cotton clothing – it gets wet and stays wet! Store your gear neatly and out of the way of others in the day lodge.

Grading Policy

- 60% Preparedness and Effort (daily)
- 20% Journal Entries (weekly)
- 20% Evaluation from lesson instructor at Alyeska (end of intensive)

Mandatory Gear List – To have fun during our Alyeska intensive, one must be prepared for all kinds of weather at anytime. The following list will provide some valuable information to help you organize your clothing and equipment. It is no fun to be cold or wet while on the mountain!

- ★ Helmet – NO HELMET – NO SKIING/SNOWBOARDING! Appropriate head protection must be worn at all times or privileges will be revoked.
- ★ Long underwear (both top and bottoms) – Polypro works great. It wicks moisture away from your skin to keep you warm and dry. Polypro comes in three weights; light, medium and expedition. On really cold days it is a good idea to wear two layers of Polypro.
- ★ Shell garments (both top and bottoms) – Gortex is best but any water/wind resistant shell will work. This layer should be breathable.
- ★ Sweater (wool) or pile jacket/pullover – This will keep you warm, it is not wind resistant and a shell must be layered over it.
- ★ Hat – Wool or pile to cover head and ears – a headband is not enough on cold January days!
- ★ Heavy (weatherproof) mittens or gloves – An extra pair is nice in case you get wet. In cold weather mittens are warmer.
- ★ Socks – Wear one pair of wool, polypro, or comparable socks and bring an extra pair with you in case they get wet.
- ★ Goggles – They will keep your face warmer and allow you to ski/board in wind and snow.
- ★ Pile neck gator – Keeps your neck and face warm in cold, wind, and snow.

ATTENTION SKIERS/SNOWBOARDERS

Duties of Skiers/Snowboarders

- A. Skiers/snowboarders, who travel in any area not designated for snow travel within the permit area, assume the inherent risks.
- B. Skiers/snowboarders shall be the sole judge of the limits of their skills and the ability to meet and overcome the inherent risks of snow travel and shall maintain reasonable control of speed and course.
- C. Skiers/snowboarders shall abide by the directions and instructions of the ski area operator, lesson instructors and teachers.
- D. Skiers/snowboarders shall familiarize themselves with posted information on locations and degree of difficulty of trails and slopes before skiing/snowboarding on any slope or terrain.
- E. Skiers/snowboarders shall not overtake any other skier/snowboarder except in such a manner to avoid contact and shall grant the right of way to the other skier/snowboarder. The person down mountain has the right of way.
- F. Skiers/snowboarders shall yield to other skiers when entering a trail or starting downhill.
- G. Skiers/snowboarders must wear retention straps or other devices to prevent runaway skis and snowboards.
- H. Skiers/snowboarders must wear a helmet at all times when skiing or snowboarding.
- I. Skiers/snowboarders shall not board rope tows, T-bars or ski lifts unless they have sufficient ability to use the device and they shall follow any written or verbal instructions that are given regarding the device. They shall request instructions if unfamiliar with any lift device before boarding it.
- J. Skiers/snowboarders, when injured in an accident, shall not depart from the ski area without notifying their instructor and teachers.
- K. Skiers/snowboarders, when involved in an accident shall not depart from the ski area without leaving their names and addresses with the area operator and notifying a teacher.
- L. Skiers/snowboarders shall not disembark from a ski lift except at designated areas or by the authority of the ski lift operator.
- M. Skiers/snowboarders shall stay in the immediate area of the day lodge and ski area proper. They may not leave the area or enter into private residences or other local businesses.
- N. Skiers/snowboarders may lose the privilege of participating in the intensive if they violate any of the above Duties of Skiers/snowboarders or any of the following infractions: reckless skiing/snowboarding, disruptive/rude behavior at any time, abusive language, disregard of area rules/safety regulations, excess speed/jumping, improper behavior at ski lift, vandalism, disregard of verbal instructions or area rules, fighting, abusive behavior, skiing/snowboarding in a closed area or any ASD policy.
- O. Skiers/snowboarders must be with a partner at all times during the open time.

Polaris K-12 Ski & Snowboarding Intensive

Safety & Course Expectations Agreement

Skier/Snowboarder Safety Enforcement Criteria

At the discretion of Ski Resort Personnel and/or Polaris staff, violation by the below named participant of the Duties of Skiers/Snowboarders, violation of any ASD policy, or any conduct detrimental to the safety of other persons may result in the participant being sent home and the loss of all privileges of participation in the program without refund.

- ★ I UNDERSTAND ALL SAFETY REGULATIONS WILL BE ENFORCED.
- ★ I UNDERSTAND THAT I MUST ADHERE TO ALL ASD POLICIES AS OUTLINED IN THE RIGHTS & RESPONSIBILITIES HANDBOOK.
- ★ I HAVE READ AND UNDERSTAND THE DUTIES OF SKIERS/SNOWBOARDERS.
- ★ I HAVE READ AND UNDERSTAND THE COURSE EXPECTATIONS.

Participant's Printed Name

Participant's Signature

Date

Parent/Guardian Signature

Date

**INSERT 2016/17 ALYESKA
RESORT MOUNTAIN LEARNING
CENTER EQUIPMENT RENTAL AND
LIABILITY RELEASE HERE**

Polaris K-12 Ski & Snowboarding Intensive

Lesson Registration Form

Student: _____ **Grade:** _____

Lessons for: ___ **Snowboarding** ___ **Skiing**

Skill Level: **1** **2** **3** **4** **5** **6**

Package: **A** **B** **C** **D** **E** **F** **G** **H** **I**

Rental Equipment: ___ **No** ___ **Yes** *(requires completed rental agreement)*

Lesson, Lift, Rental Base Cost	\$600
Four-Lesson Package (D, E, F) Discount \$80	- _____
Two-Lesson Package (G, H, I) Discount \$160	- _____
No Rental Discount \$120	- _____
Season Pass Discount \$240	- _____
Approved Scholarship	- _____

Adjusted Lesson, Lift, Rental Cost (a) \$ _____

Payment 1: \$ _____
Line (a) divided by 2 + \$120 for transportation; Due 12/6/16

Check #/Cash: _____

Payment 2: \$ _____
Line (a) divided by 2; Due 1/24/17

**Anchorage School District
Parent Field Trip Permission Form and
Authorization for Emergency Medical Treatment**

To: POLARIS K-12
(Name of School)

I/we hereby give permission for our student _____
(Student Name)

to attend the SKIING AND SNOWBOARDING INTENSIVE
(Activity)

at/in ALYESKA RESORT on JAN 9-20, 2017
(Location) (Activity Date)

I/we understand that he/she will be traveling to this function via ASD BUS
(Type of Transportation)

Supervision and chaperoning will be provided by the Anchorage School District.

It is agreed that the student will abide by all rules and regulations of the School District authorities.

I/we consent to any emergency transportation, medical treatment, care or hospitalization deemed necessary for the welfare of my student by a medical professional or medical facility in the event of injury or illness while he/she is participating in the above stated activity. I/we understand that the district will assume no liability or costs for such emergency transportation and medical treatment. I/we also understand that insurance coverage is my responsibility.

I understand that the District does not provide students with accident insurance, however, student accident insurance can be purchased separately for initial coverage or to supplement private coverage.

Signature of Parent or Guardian

Date signed _____

Signature of Student

Emergency Contacts during time of trip:

Name _____ Phone # _____ Relationship to Student: _____

Name _____ Phone # _____ Relationship to Student: _____

Name _____ Phone # _____ Relationship to Student: _____



Sign up for important updates from Heidi Postishek.

Get information for **Polaris K-12 School** right on your phone—not on handouts.

Pick a way to receive messages for **Polaris Skiing & Snowboarding Intensive**:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/skисnowpow

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B If you don't have a smartphone, get text notifications.

Text the message **@skисnowpow** to the number **81010**.

If you're having trouble with **81010**, try texting **@skисnowpow** to **(907) 341-4868**.

Standard text message rates apply.



Don't have a mobile phone? Go to rmd.at/skисnowpow on a desktop computer to sign up for email notifications.