

A sample of Comments from the
January 23 -24, 2009
Sugar Bowl
Learn with the Ladies Clinic

Briefly describe your overall reaction to the clinic? Did you find it helpful? Were you satisfied with your experience?

- ❖ Yes, it was a fun & informative day.
- ❖ Very positive experience.
- ❖ Great Clinic. Next year I will try to do the 2 days.
- ❖ Well run, good pacing, very comfortable, yoga helpful, lunch and snacks yummy.
- ❖ I'm glad I took a 2 day course - the teachings from Day 1 were reinforced today.
- ❖ It was very helpful - I made some real breakthroughs.
- ❖ Very helpful. Learned ski tips that I have never learned in any other lessons. I feel I have tangible things to work on.
- ❖ Very cool - We had a good time & the price was very reasonable.

How was your instructor?

- ❖ Patty was absolutely terrific - Encouraging and very helpful with information to improve my skiing
- ❖ Kim was fantastic. Her visualization aids were extremely helpful...as well as her positive attitude
- ❖ Billie was great - very helpful in both identifying the problems and helping correct them.
- ❖ Instructors excellent (2), helpful and articulate. Plenty of tips to take away and practice.
- ❖ Loved the yoga, Patty was great.
- ❖ Instructor - Jeannie Hentz- Lots of fun and a good teacher.
- ❖ Jeannie was my instructor and she was very professional, a good listener, very patient, and gave me a lot of wonderful tips to digest/practice.
- ❖ Billie was the best. She was able to see what I was doing wrong and explain it so I understood.
- ❖ Once again, Jeannie rocked and I was able to learn new tricks (even if I'm an old dog).
- ❖ Kim was perfect for me - she was patient & watched to make sure I was doing what I needed to keep my 'muscle memory'.
- ❖ I enjoyed all instructors. Different perspectives helped everything come together & click. My one on one time was great.

- ❖ The best part was skiing backwards to really feel skiing on your toes.
- ❖ All the instructors go out of their way to help us. Billie is strong @ demo'ing how/what to do - so it is easy to visualize. She is an excellent observer & provides helpful feedback.
- ❖ Patty is friendly, warm & helped me lots with my poles.
- ❖ Billie is very observant but also assists you in a journey of self-discovering. She taught me to ski very differently than I'm used to. She has a lot of patience.
- ❖ Laura was my snowboard instructor and we worked on lots of things; it was great.
- ❖ The best thing was that Billie worked hard at sign-up time to make sure that the right instructors were available for the right people.
- ❖ Laura was my instructor & she did a really good job teaching me what I wanted to learn.
- ❖ Instructor was awesome. Gave lots of different tips. She event let me try her (snow)board. She never gave up on me!

What were the most helpful and favorite parts of the day?

- ❖ Human slalom was much better than I thought it would be.
- ❖ The slalom was lots of fun!
- ❖ Loved starting with yoga. Had a one-on-one lesson. Enjoyed lunch, massage, chiropractor and horsd'oeuvres/wine.
- ❖ Skiing with such a good instructor & having small groups!
- ❖ Meeting the other ladies.
- ❖ The ability to have some one on one with the instructor was great.
- ❖ Favorite: The human slalom
- ❖ Enjoyed the Human Slalom - much more fun than I expected - fun to see others in the group ski or board.
- ❖ Going down Market Street was the best
- ❖ Love the massage, Claude, human slalom was much better than I thought it would be.
- ❖ Yoga in the AM! The small student/instructor ration is perfect. Nice to have lunch with everyone
- ❖ My one on one time. I also enjoyed watching other participants to compare myself. The Slalom!
- ❖ I really appreciated the yoga & the pace of the exercises. I like the after ski party. I liked the human slalom course - it was fun plus a great team-building experience.
- ❖ Working on my quick turns
- ❖ Trying new things out...It was good to play around with my binding set up. I think I have it right for now!
- ❖ Human chain was very cool!