

A sample of Comments from the
January 25 -26, 2008
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?

- ❖ Fantastic!! So helpful & fun!
- ❖ Very helpful. I was very pleased with the instruction
- ❖ I think it is a great idea with many great elements
- ❖ The skiing instruction was awesome
- ❖ Fun skiing. It was good to concentrate on drills in the morning and skiing in the afternoon
- ❖ Excellent! Yes, great to focus on technique in AM and still explore in PM
- ❖ I enjoyed it - helpful for my knee concerns...wanted to get confidence getting back on the "the mountain"
- ❖ This was a very fun day
- ❖ Top notch, very professional, time efficient. Fun! Very satisfied
- ❖ Great. Very helpful. Learned a ton and left feeling more confident and capable
- ❖ I am very satisfied with my Saturday experience- everything that I commented about on Friday as possible improvements was fixed and done beautifully overnight
- ❖ The skiing experience was helpful
- ❖ I was very satisfied with my overall experience
- ❖ This was a wonderful day.
- ❖ Loved it - very satisfied, very helpful. The tips really made it fun rather than a chore.
- ❖ I got my mojo back! Thank you!
- ❖ It was very helpful and lots 'o fun. My first clinic but not my last. The instructors are "real" and so friendly - as were the participants. No pressure to do anything I was not ready to do
- ❖ I did enjoy the camaraderie of the day and the clinic as a whole. Very helpful

How was your instructor?

- ❖ Jeannie was awesome. She read the interests and needs of our group well. She gave me detailed pointers and helped me recognize when the move felt right. I was/am very satisfied with the instructor.

- ❖ Selena was great! She provided great instruction in the AM and challenged us through fun powder in the PM
- ❖ Sarah was very helpful and provided valuable recommendations. She is a fantastic instructor
- ❖ Lindsey was great, no problems. I asked her for feedback, rather than her initially critiquing me.
- ❖ Debi was very helpful. She provided tips that I could relate to and pointed out my bad habits, why I do them and how to correct
- ❖ Billie - Awesome! Great energy and attitude
- ❖ Janet - Very sweet and very patient
- ❖ Jeannie was super and I would love to take another clinic with her. Her "toe" tip saved my thighs
- ❖ Patty & Billie - both excellent. I liked the specific tips just for me and the whole group tips too. I will practice all season what I learned today.
- ❖ Sarah was an awesome instructor! She is genuine, she's supportive, complimentary instructive, explains well in different ways and she's fun to ride with. Love her!
- ❖ Selena was excellent I gained alot of knowledge that was very helpful
- ❖ Jeannie was great. She was patient and taught all of us new things. Debi was great. I would have liked to ski more to use what I learned from her. Great info and pointers.
- ❖ Janet, she was awesome. Helped each person find their "thing" to work on and helped us work on it. Very mellow too! Have fun!
- ❖ Billie was the BOMB! She changed my skiing forever! I wasn't eve sore the next day because of her tips on standing tall and "feeling" the feet in my boots and to stand on the balls of my feet. Life changing!
- ❖ Debi was great. I would have like to ski more to use that I learned from her. Great info and pointers.
- ❖ Jeannie did a great job. Good at assessing abilities and giving good tips that actually improved how I skied.
- ❖ Billie & Patty = A++++ Tips were super helpful! Billie talked me through a scary run and made me feel super confident!
- ❖ Selena was wonderful. Our group was well fitted to each other. Selena made sure we were all comfortable with our exercises and challenges
- ❖ Jeannie was awesome. She was not kind at times in pointing out my faults - but she was not rude or mean at all. To the point! She got me to balance correctly to control my speed - love it!

- ❖ Janet was awesome! She was very helpful. I would easily sign up for ski school
- ❖ Selena is GREAT! She was perfect with her advice and very conscientious of group level.
- ❖ Janet - Great instructor. Set up comfortable and challenging atmosphere. Good grouping of skill level. Gave individual instruction
- ❖ The individual attention provided by Sarah

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

- ❖ Really good tips delivered in ways that helped me remember them
- ❖ I like that it was a special day for women. There was a good atmosphere, supportive
- ❖ Skiing through the trees. Boot buckle check
- ❖ Experiencing powder on purpose!
- ❖ Skiing powder in the trees (new to me!) Challenging but not too scary
- ❖ Individual feedback
- ❖ Trying new terrain and practicing and learning better techniques
- ❖ Drills and technique in the AM and off piste in the afternoon
- ❖ The yoga stretch was very helpful - I don't do yoga so it was a great way to ready my body for the day. The most helpful was the instruction and the recognition that as an advance skier that my skills needed to change. Ample time to practice and class size was just right.
- ❖ Going a little above my head, that was great. I loved it and would never have done it on my own.
- ❖ Very energetic leaders!
- ❖ More challenging runs builds confidence : -) Doing all the "hard" stuff! I did it ☺
- ❖ Learning has to focus on using the toes and balls of your feet to turn
- ❖ Hanging with the gals
- ❖ Everyting, lots of variety
- ❖ Repetition on weight transfer was helpful in getting "the feel"
- ❖ Instructor - Specifics until I could feel it in my body

One participant summed it up pretty well to the questions:

Would you consider participating again and would you refer this program to a friend?

- ❖ I would definitely do it again. I will tell friends hoping to make it an annual event with my girlfriends. Your passion for skiing, snowboarding and making women athletes is really great!