

Comments from the March 6 & 7, 2009 Sugar Bowl Learn with the Ladies

Briefly describe your overall reaction to the clinic? Did you find it helpful?

Were you satisfied with your experience?

- ❖ Sugar Bowl Staff works very hard to make it beneficial. I really felt like a well taken care of client. I am a better skier. I'm satisfied
- ❖ Really fun and a relaxed way to get a lot of personal instruction. The experience was really pleasant and helpful.
- ❖ Skiing is fun again!
- ❖ Feel like I learned a lot.
- ❖ Excellent day, learned lots!
- ❖ Great. We'll be back! Awesome - VERY HELPFUL!!!
- ❖ Instructor was very helpful. Liked having lunch served upstairs. Great time
- ❖ I enjoyed the experience and found the clinic very helpful.
- ❖ It was very informative while still being fun.
- ❖ I took one at Heavenly last year and this was all around much better, smaller classes, lunch, wine!! You put on a great clinic.
- ❖ Loved it - my skiing improved exponentially; great for both me and innocent bystanders.
- ❖ Loved Janet and having lunch apart from the crowd
- ❖ Excellent! Janet was a patient, fun instructor. I finally can "feel" what it's like to be skiing "square" downhill.
- ❖ I was very satisfied with the clinic. I found it very helpful to correct vices, learn more technique and improve my overall skiing.
- ❖ I had a great time, set & accomplished my goals. Thanks Denise !
- ❖ The clinic was very worthwhile. I was challenged by Denise, but never outside of my comfort zone.
- ❖ Positive reaction. Very Helpful. Very satisfied
- ❖ I loved it. It was great to work on skills & meet other female skiers!
- ❖ The clinic was . . . fun, informational, fun and helpful. Did I mention how much fun it was?
- ❖ Great clinic - 2 days should be mandatory - it was perfect to have skills from the 1st day carried over to the 2nd. Good ratio of instructors to students.

How was your instructor?

- ❖ Jeannie was great and rally helpful. She was great at helping us get the right technique. With her help, I am skiing nearly pain free for the first time in years. Good personal instruction. The day went so fast!
- ❖ Jeannie's instruction was really helpful and helped me visualize what I need to do. My technique improved 200% Thanks!
- ❖ My instructor was great. She really tuned in to what we wanted and focused on that.
- ❖ Patty was awesome - loved her. Skiing in formation for timing.
- ❖ Patty was great; lots of fun!
- ❖ Patty was awesome. We will see her again! I'm bringing my kids to learn from her. Couldn't ask for a better instructor
- ❖ Awesome. I improved tremendously

- ❖ I was the weakest of our team and was assigned Alyson Good on one-on-one which I loved. It was the best way for me to learn without guilt of slowing down the original team.
- ❖ She was great! I'll hire her for private lessons.
- ❖ Kim was great, offered great advice.
- ❖ Kim was helpful, genuine, articulate and observant and I liked the positive reinforcement she provided.
- ❖ Janet was great!! Down to earth and very encouraging. Her tips were exactly what I needed. She had good tricks to feel your balance and gain confidence.
- ❖ Janet is great! Highly knowledgeable, excellent diagnosis of what I should work on, super cheerleader throughout. She really built my confidence in various terrain.
- ❖ Janet was very helpful. She would give individual feedback on each one in the group and give the tips each of us needed. I enjoyed her class very much.
- ❖ Denise is AWESOME! She was very descriptive and used awesome hand language as well as sound effects!
- ❖ Denise helped me to understand my stance and body positioning with relation to my board and the mountain. She also helped with some movement issues in my turns.
- ❖ Laura made a huge difference in my ability! She was very informative and helpful.
- ❖ The best. She was very helpful. Great tips. Very encouraging and motivating. Wonderful cheerleader.
- ❖ Billie was wonderful, tips helpful; tips need to "sink-in", today's instruction was fun & informative.
- ❖ Billie was really helpful in demonstrating and teaching one new thing at a time.
- ❖ Billie was great. She was teaching every minute of the day. Her tips were very helpful. Fabulous experience.
- ❖ Billie was very knowledgeable, I feel like I improved and had fun doing it.
- ❖ Billie was great. Funny and entertaining with her demos! Answered all our questions, had us do drills, video-taped us.

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

- ❖ Liked the whole "ladies" experience of yoga, wine in pm and yummy food. The instruction was really good & no nonsense - I appreciated that. Fun to get goodies and hat!
- ❖ Detailed personal instruction was best. Massage & chiropractic were so wonderful and essential.
- ❖ The catered lunch! Much better this year not having to wait in line and having an area reserved.
- ❖ All the parts together were perfect (balancing exercise, one ski exercise, skiing in formation).
- ❖ Using the ties out in front to keep your body forward.
- ❖ Skiing in formation! The Big Spray!! Bumps and Flying and having a blast.
- ❖ The day was gorgeous! Great activities (and good techniques) with my friends.
- ❖ Private lesson. Lots of runs that I really skied and was able to execute the lessons.
- ❖ Learning how to shift my weight to turn
- ❖ Individual feedback.
- ❖ It was wonderful as a package. I liked the small groups and the opportunity to then interact as a larger group as well.
- ❖ Skiing with boots unbuckled - helped with relaxing and finding my feet. She was encouraging.

- ❖ Janet's instruction, her taking us to different terrain and showing us that we use the same core techniques for mild and steeper terrain.
- ❖ Being able to ski down black diamonds with great confidence after having practiced my technique on blue runs. Skiing through moguls was challenging but a lot of fun.
- ❖ Moguls, bowls, freshie powdery under the trees! The ending doing 180's! Fwd & Bkwd.
- ❖ Trying the more difficult blacks and learning to navigate the narrow blacks.
- ❖ I met my goal of doing a black run.
- ❖ Getting basics and confidence improved. Favorite - challenging myself to do tough runs.
- ❖ Reviewing tips with Billie with the other "ladies" and then having an 'a-ha' moment about inside feure activation and turn initiation; keeping both legs active, and feet on same step!
- ❖ Favorite - Human slalom course. Helpful - spending an entire day working on technique.
- ❖ Everything! Well planned and balanced day.
- ❖ Video feedback, drills, individual comments. Yoga was fun, good food.
- ❖ Great having female instructors teach female students!!!

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

- ❖ Yes I would come back. Don't change anything!
- ❖ Absolutely!
- ❖ Yes, yes, yes.
- ❖ For sure!
- ❖ Yep! & I brought her...oh, you meant someone else!
- ❖ Yes & I did & will continue to.
- ❖ I would consider participating again.
- ❖ Yes!! Had a wonderful day!