

# Learn with the Ladies

## Evaluations

### 1/7-8/2011

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

- Love it! Yes!
- Great...helpful to get reminded of what I need to work on early in the season.
- A lot of fun, a nice environment with lunch, yoga, etc.
- Loved it! Great pace so I wasn't worn out until the end of 2<sup>nd</sup> day. Learned so much and met some great women. Fun to see familiar faces too!
- My third year! It always helps me.
- I love the clinics, it is a great learning experience and its fun to ski with others and encourage on another.
- This is my second year with the Ladies Clinic and I love it. I feel my skiing improved over the 2 days and I am completely satisfied.
- Clinic was great. Next time I'll do two days.
- Excellent, very helpful, very satisfied.
- Yes, very helpful, friendly.

How was your instructor? Did you find her tips helpful? Do you have any comments on your instruction today?

- Jeannie- She promoted me! She did a great job working with three ladies looking for different things and at slightly different levels. I think everyone was able to learn. Jeannie helped me regain what I learned from the last clinic.
- Patty- I love Patty. She really resonates with me. All instructors will give similar instruction but what when Patty talks, I really understand. Although last year's clinic was my breakthrough year, I am continuing to learn and love it! It's like Christmas gift that keeps on giving.
- Tips were helpful
- Patty is the bobm! I learn new things from her every time. She has a great teaching style and she is an amazing skier!

- Jeannie is fantastic. It's helpful to have an instructor who has skied with you before. She knows my strengths and all of the things that I have to work on.
- Patty is always great!
- Jeannie was great! She was my instructor last year too, and both times were fabulous. Her tips were really helpful and she knew exactly how to tell us to "fix" things.
- The instructors were great. They seemed to have as much fun as us. They gave us a toolbox of ways to improve technique.
- Patty's tips were very helpful. Instruction was steady, but not too much at any one time. She helped me feel stronger and more confident.
- The tips were very helpful, probably a bit more skiing or visual instruction versus talking would be helpful.

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

- The human race course and Blitzen
- A good combination overall.
- Little toe, all of the exercise to get our hips down the hill.
- Love the ski instruction. Yoga is awesome and so are the massages at the end of the day.
- Going off piste and getting better.
- I love the human slalom- too much fun!
- Jeannie's hints and tips were the most helpful and letting us put everything we'd learned together.
- Small groups, good teacher: student ratio. Teachers are great at articulating how/why to improve our skiing- putting into words and action helps.
- Stay relaxed- modeling (following) Patty rolling from toes to toes skiing the bumps in the sun.
- A few tips- then trying them out.

What improvements would you like to see to this event? Would you consider participating again?

- Yes! Massage/chiropractor were great, very relaxing. The wine was good and fun to talk to the wine makers. Enjoyed the pasta lunch. All around huge improvement from last year.

- Would have liked to be a bit more aggressive on the slopes and a little bit with timing. Probably because it was my first day so I wanted to ski, ski, ski!
- More publicity about the event.
- Not sure if it can be avoided but the process of dividing up into groups is a bit time consuming. I will be back next year (if not next month!).
- I wish I could have done the second day this year.
- Yes I would participate again.
- I would definitely participate again.
- Yes, I will participate again.
- I would consider participating again. Improvements- It would be nice to have protein in the pasta on both days. There was only protein on the first day. The warm lunch was excellent and the salad was excellent.

How did you hear about the clinic?

- Friend- Denise Yamamoto
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- Friend
- Website
- Website 3 years ago
- Local
- Participated last year- initially my husband saw it on the Sugar Bowl website.
- Sugar Bowl emails
- Word of mouth through Jeannie Hentz and several years ago on the website.

Would you recommend this clinic to a friend?

- Yes
- Yes
- Yes
- Yes!
- Yes!
- Yes
- Yes!
- Yes
- Yes- sent email to many friends with this years dates 😊
- Yes