



SKI / WINTER 2021-22

EXPLANATION OF THE LEVELS

For indicative levels, we use the Official Swiss Snow League system from the national association Swiss Snowsports.

These are the levels used by The Swiss Ski School, to which all of our instructors belong.

Level	Skills
Blue Prince	Skid and brake in snowplough, skid with parallel skis, turn in snowplough.
Blue King	Information about using ski lifts, sideways skidding, skiing on moguls and easy jumps with parallel skis, snowplough turns on blue runs.
Blue Star	Information about safety (FIS rules), turn in a forest with poles, skiing in troughs and moguls, skiing switch in "V", snowplough turning on various blue runs.
Red Prince	Information about warm up, break in parallel, turning on red runs, rapid changes, skidding parallel turns.
Red King	Information about behaviour in snowparks, short turns on easy runs, basic airs on small kickers, parallel turns on different sections.
Red Star	Information about nature, the forest and the environment, parallel turns in a corridor of poles and a path, skidding parallel turn in switch, turn on one ski on an easy slope, small turns on medium difficulty slopes.
Black	Information about equipment preparation, short turns on difficult slopes, straight jumps and 50-50 on boxes, parallel turns on unprepared snow, carving on large slopes.



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EXPLANATION OF THE PROGRAMMES & COST

1 – Fun & Improvement

This is our core programme. Children will ski twice a week in groups with friends of similar abilities with qualified ESSV instructors.

Cost: Included in school fees.

2 – VIS Ski Team

Available to students in Classes C and above who have completed their Black level (or equivalent). They will focus on skiing and race technique with race specialist coaches. They will aim to participate in SGIS races over the course of the season – entry at the coaches' discretion.

Cost: Training included in school fees. Participation in races will be invoiced based on how many races your child enters.

3 – VIS Freeride Team

Available to students in Classes D and above who have completed their Black level (or equivalent). Training twice per week with freeride specialists, with a focus on using equipment correctly and safely, and improving off-piste technique.

Cost: Included in school fees.

4 – VIS Race Academy

Available to students in Classes D and above who have completed their Black level (or equivalent). Training 3 times per week with race specialists. Aiming towards entering SGIS races, and approaching the level needed to enter Swiss Ski races – entry at coaches' discretion.

Cost: 1'000.- chf for the Winter term, plus races costs if applicable.

5 – VIS Freeride Academy

The scope of this programme only allows for eligibility for our full-time students. However, our Winter students in Classes E and above with a freeride background are more than welcome to join in the training sessions during the school week. If they are interested in joining the guided days out, this is also possible – please enquire at school.

Cost: 1'000.- chf for participation in the guided days out (only students following this programme during the week are eligible). Training included in school fees.



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6 – Saturday Skiing

VIS does not run a Saturday programme. Vanessa Rueber of Alp Adventure will happily answer all questions regarding Saturdays at info@alpadventure.ch .

Many of the same coaches are involved in both programmes. Alp Adventure will help with race licences and Swiss Ski races, as well as freeride lessons, race coaching and normal ski lessons that take place at the weekend.