



SNOWBUTTERSWEET

BEGINNER GUIDE

A ROADMAP FROM YOUR
FIRST LESSON TO
INDEPENDENT RIDING. 



SAFETY

Ride with awareness.



CONTROL

Master your board.



CONFIDENCE

Build trust in yourself.



INDEPENDENCE

Ride anywhere. Your way.

MY GOAL IS NOT TO TEACH YOU
HOW TO SURVIVE ON A SNOWBOARD.

MY GOAL IS TO TEACH YOU
HOW TO RIDE IT. 



TOGETHER WE BUILD REAL RIDING.





HOW TO DRESS PROPERLY FOR THE SLOPES

BASIC PRINCIPLES AND HOW TO ADAPT
TO WEATHER CONDITIONS

THE LAYERING SYSTEM

	1. BASE LAYER (THERMAL) Wicks moisture away from your skin, keeps you warm and dry. MATERIAL: SYNTHETIC / MERINO
	2. INSULATION LAYER (FLEECE / DOWN / SYNTHETIC) Traps body heat and provides breathable insulation. ADJUST BASED ON CONDITIONS
	3. OUTER LAYER (SHELL) Protects you from wind, snow and moisture while allowing sweat to escape. WATERPROOF RATING 10,000 MM+

COMMON MISTAKES – AVOID THEM!

 WEARING COTTON Cotton absorbs moisture and makes you cold.	 TOO MANY LAYERS You will overheat and sweat a lot.	 DRESSING TOO WARM You should feel slightly cool before riding.	 FORGETTING ACCESSORIES Cold hands, head and neck can ruin your day.	 WEARING NON- WATERPROOF GEAR You'll get wet and lose your warmth quickly.
--	--	---	--	--

❗ **OVERHEATING + SWEATING = GETTING COLD!** Stay dry, stay warm, enjoy the ride.

THE RIGHT CLOTHING =
WARMTH, DRYNESS
AND ALL-DAY COMFORT

WHAT TO WEAR BASED ON THE WEATHER

	SUNNY 0°C / +10°C Light base layer + thin insulation layer. Windproof shell for protection.
	CLOUDY / COOL -10°C / 0°C Base layer + fleece / mid layer. Insulated, waterproof shell.
	SNOW / WINDY -20°C / -10°C Warm base layer + insulation layer (fleece / down). Waterproof shell + windproof.
	STRONG WIND / BLIZZARD ANY TEMP Maximum protection: shell with high waterproof rating, insulated layers, sealed zippers & accessories.

CHECKLIST BEFORE YOU GO

- ✓ DRY BASE LAYER
- ✓ CLEAN AND DRY LAYERS
- ✓ ALL ACCESSORIES READY
- ✓ CHECK THE WEATHER FORECAST
- ✓ DON'T FORGET SUN PROTECTION (SPF + LIP BALM)

DON'T FORGET YOUR ACCESSORIES



THE GOLDEN RULE

IT'S BETTER TO FEEL SLIGHTLY COOL AT THE START
THAN TO SWEAT AND FREEZE LATER.



AVOID COTTON!
IT GETS WET AND MAKES YOU COLD.



SNOWBUTTERSWEET

BEGINNER GUIDE

02

SLOPE SAFETY RULES

HOW TO STAY SAFE ON THE MOUNTAIN



01 FIRST TIME ON A SNOWBOARD OR JUST GETTING STARTED?

Take lessons from a certified instructor, join beginner camps, or enroll in learning programs to quickly learn the basics and avoid unnecessary injuries.



02 DON'T STOP IN THE MIDDLE OF THE SLOPE

Move to the side before stopping.



03 IF YOU FALL – MOVE TO THE EDGE

If you can't continue riding, get out of the way immediately.



05 NOT CONFIDENT YET? STAY ON THE SIDE

Ride near the edge of the slope and don't block others.



05 LOOK UP BEFORE STARTING OR MERGING

Always check uphill before entering the slope.
(FIS RULE)



07 CONTROL YOUR SPEED

Ride according to your level, visibility and snow conditions.

(FIS RULE)



08 YOUR SKI PASS HAS THE SKI PATROL NUMBER

Save it in your phone before riding.



09 HIT YOUR HEAD OR TAILBONE? CALL SKI PATROL

Even if you can stand up and continue. Hidden injuries are common.



10 WEAR A HELMET

Especially beginners. Head injuries are serious.



11 DON'T IGNORE INJURED RIDERS

Help others if something happens. Even if they are skiers 😊



12 CHOOSE SLOPES THAT MATCH YOUR LEVEL

Don't take on difficult slopes on your own if you're not sure you can handle them. Difficult slopes require proper riding skills. Take a lesson – an instructor will teach you.



IMPORTANT! If you feel sharp pain, dizziness, nausea, numbness, or "something feels wrong" after a fall:



STOP RIDING AND CALL SKI PATROL.



THE GOLDEN RULE

GOOD VIBES. SAFE RIDES.
RESPECT THE MOUNTAIN AND EACH OTHER.



STAY ALERT. RIDE SMART.
ENJOY THE MOUNTAIN.



HOW TO CHOOSE YOUR FIRST SNOWBOARD

Choosing the right snowboard makes learning easier, safer and faster.



HOW TO MEASURE STANCE WIDTH



Measure the distance from under your front knee to the center of your heel on the same foot, then adjust +/- 1-4 cm.

01 SNOWBOARD LENGTH

- The board should be between your chin and nose.
- Shorter boards are easier to control and more playful.
- Longer = better.

02 FLEX FOR BEGINNERS

- Choose a soft or medium-soft flex.
- It's more forgiving, easier to turn and helps you progress faster with less effort.

03 BOARD SHAPE

- Twin or directional twin is ideal for beginners.
- It's balanced, versatile and easier to ride both regular and switch.

04 WIDTH

- The board shouldn't be too wide.
- Too wide = toe/heel drag and harder edge-to-edge control.
- Check the size chart.

05 AVOID AGGRESSIVE BOARDS

- Don't start on stiff, aggressive carving or race boards.
- They are harder to control and slow down your progress.

COMMON MISTAKES

- ✗ Buying or renting a board that's too long.
- ✗ Choosing a board that's too stiff.
- ✗ Riding on a board that's too wide.
- ✗ Starting on an aggressive carving board.
- ✗ Wrong stance or angles from the beginning.

CHECKLIST

- ✓ Right length for your height & weight
- ✓ Soft or medium-soft flex
- ✓ Twin or directional twin shape
- ✓ Proper width
- ✓ Good condition (if renting)
- ✓ Bindings that fit and work well
- ✓ Comfortable stance setup

RENTAL CHECKLIST

- 01 CHECK THE CONDITION**
Look for deep scratches, delamination, edge damage and cracks. Avoid "dead" boards.
- 02 CHECK THE BASE**
The base should be smooth and not dried out. Big gaps or stones pulling out = red flag.
- 03 CHECK THE EDGES**
Edges shouldn't be overly rusty or bent. They must be sharp enough to hold an edge.
- 04 CHECK THE BINDINGS**
Straps, buckles and highbacks should work properly. Everything must be tight and secure.
- 05 CHOOSE THE RIGHT SIZE**
Make sure the board matches your height, weight and ability. Ask staff if unsure.

BEGINNER BINDING SETUP

- 01 STANCE WIDTH**
 - Start with shoulder-width stance.
 - Stance width can also be measured as the distance from under the knee to the heel +/- 1-4 cm.
- 02 STANCE ANGLES**
Start with +15° / -15°. This is a neutral and friendly setup for most beginners.
- 03 CENTERED STANCE**
Keep your stance centered (no setback) when you're learning. It helps with balance and control.

REMEMBER

THE RIGHT GEAR WON'T MAKE YOU A PRO, BUT THE WRONG GEAR WILL MAKE IT HARDER TO PROGRESS.



RIGHT BOARD
= FUN



EASIER LEARNING
= FASTER PROGRESS



BETTER CHOICE
= SAFER RIDING



IMPORTANT! A board that is too stiff or too long makes learning much harder.



THE RIGHT SNOWBOARD = FASTER PROGRESSION.



THE GOLDEN RULE

GOOD VIBES. SAFE RIDES.
RESPECT THE MOUNTAIN AND EACH OTHER.



STAY ALERT. RIDE SMART.
ENJOY THE MOUNTAIN.



CHOOSE YOUR STANCE

REGULAR OR GOOFY?

YOUR STANCE AFFECTS CONTROL, BALANCE AND PROGRESSION.



THERE ARE TWO STANCE OPTIONS: REGULAR AND GOOFY. HERE'S HOW TO FIND YOURS.

HOW TO CHECK YOUR NATURAL STANCE

	1. FIND SOME STAIRS Find a short set of stairs (4–6 steps).
	2. THINK NATURALLY Imagine walking up the stairs. Which foot do you lead with without thinking?
	3. THAT'S YOUR LEAD FOOT Your lead foot determines your natural stance.
	4. MATCH IT ON YOUR BOARD Left foot forward = Regular stance Right foot forward = Goofy stance
	5. TRY BOTH Try one stance, then the other. See which foot forward feels more natural and comfortable to ride with. Stick with that stance as your go-to.

THE TWO STANCES

REGULAR STANCE LEFT FOOT FORWARD



Left foot is forward, right foot is back. Most common for beginners.

GOOFY STANCE RIGHT FOOT FORWARD



Right foot is forward, left foot is back. Less common, but just as good!

TIPS

- ✓ There's no right or wrong stance.
- ✓ Use what feels natural.
- ✓ You can ride both, but starting with your natural stance is recommended.
- ✓ Stance can be adjusted later, but it's good to start right.



NOT SURE? TRY BOTH!

Slide a little on flat snow with each foot forward. See which feels more natural and comfortable.

REGULAR LEFT FOOT FORWARD



GOOFY RIGHT FOOT FORWARD



CHECKLIST

- ✓ I know my lead foot
- ✓ I understand my natural stance
- ✓ My stance feels comfortable
- ✓ I'm ready to strap in and ride!

COMMON MISTAKES

- ✗ Choosing a stance that doesn't feel natural
- ✗ Switching stance too often
- ✗ Ignoring comfort and balance
- ✗ Comparing to others



THE RIGHT STANCE = BETTER CONTROL.
START NATURAL, STAY COMFORTABLE, PROGRESS FASTER.



DON'T FORCE IT.
RIDE THE STANCE THAT FEELS RIGHT FOR YOU.



HOW TO CARRY YOUR SNOWBOARD SAFELY

Protect yourself and people
around you on the mountain.

SAFE WAYS TO CARRY

- 

01 CARRY THE BOARD VERTICALLY BY THE BINDING
Hold the board by the binding in one hand. This gives you control and keeps the board away from others.
- 

02 KEEP EDGES AWAY FROM PEOPLE
Always keep the edges of your board away from other people. Edges are sharp!
- 

03 WATCH THE TAIL AND NOSE IN LIFT LINES
Be aware of your board's tail and nose. Don't turn or swing it into others.
- 

04 SECURE THE BOARD WHEN RESTING
Lay your board flat on the snow or secure it in a rack. Never leave it where it can slide or fall.
- 

05 USE LEASH / STRAP WHEN NEEDED
A leash or strap helps you keep control of your board, especially in busy areas or on foot.
- 

06 WHEN PUTTING THE BOARD ON THE SNOW
Always place it upside down (base up, bindings down). This prevents it from sliding down the slope and hitting someone.



CARRY THE BOARD VERTICALLY BY THE BINDING.

This keeps the board under control and keeps others safe.

COMMON MISTAKES

- 

✗ SWINGING THE BOARD AROUND PEOPLE
Swinging your board can hit someone and cause serious injury.
- 

✗ CARRYING EDGES OUTWARD
Always keep edges in, never out. Edges can cut or injure others.
- 

✗ DRAGGING BOARD ON CONCRETE
This damages your base and edges. Carry it instead of dragging.
- 

✗ BLOCKING LIFT ENTRANCES
Don't stand in the way of lift entries or exits. Move to the side.

CHECKLIST

- ✓ Carry the board by the binding
- ✓ Keep edges away from people
- ✓ Watch tail and nose in lift lines
- ✓ Secure the board when resting
- ✓ Use leash / strap when needed
- ✓ When board on snow: base up, bindings down
- ✓ Be aware and stay in control

BEGINNER SAFETY



Snowboards have sharp metal edges. Always be aware of people around you.



UNCONTROLLED BOARDS CAN SERIOUSLY INJURE PEOPLE.



THE GOLDEN RULE

RESPECT THE MOUNTAIN.
RESPECT PEOPLE AROUND YOU.



STAY ALERT. RIDE SMART.
ENJOY THE MOUNTAIN.



HOW TO LACE YOUR BOOTS RIGHT

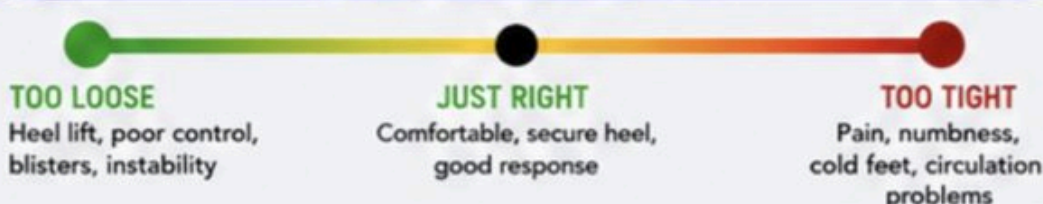
Proper fit. Right intensity.
Better control. More comfort.

LACING RULES

- ✓ Start from the bottom and work your way up evenly.
- ✓ Tighten the lower zone (around the ankle and heel) a bit more for support.
- ✓ The upper zone should be slightly looser for comfort and movement.
- ✓ Don't over-tighten the top hooks.
- ✓ Always secure the laces (lace lock / pocket / strap).



LACING INTENSITY GUIDE



WHAT DOES RIGHT FEEL LIKE?

- ✓ Heel stays down and locked
- ✓ No foot lift in the heel
- ✓ Even pressure around the foot
- ✓ Toes can slightly touch the front (not squeezed)
- ✓ No numbness or pain



TIP

Your boots should feel snug, not tight. Focus on heel hold, not on squeezing your foot.

COMMON MISTAKES

- ✗ Over-tightening the whole boot
- ✗ Only tightening the top
- ✗ Leaving the laces loose in the ankle area
- ✗ Not securing the laces
- ✗ Ignoring pressure points or discomfort

HOW TONGUE SHOULD FIT?

The tongue should be centered and sit flat against your shin with even pressure.



TROUBLESHOOTING ON THE MOUNTAIN

IF YOUR BOOTS FEEL TOO LOOSE

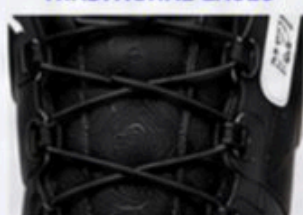
- ✓ Stop and tighten the laces, especially the lower zone.
- ✓ Check your heel – it should not lift.
- ✓ Make sure the liner is seated properly.
- ✓ Re-secure the laces.

IF YOUR BOOTS FEEL TOO TIGHT

- ✓ Loosen the laces, starting from the top.
- ✓ Check circulation – toes should be warm and movable.
- ✓ Adjust and try again.
- ✓ If pain or numbness remains – take a break.

TYPES OF BOOT LACING SYSTEMS

TRADITIONAL LACES



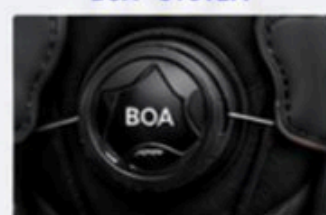
- ✓ Classic and reliable
- ✓ Easy to adjust on the go
- ✓ Universal
- ✓ Great for all levels

SPEED LACE



- ✓ Quick and convenient
- ✓ Even tightening
- ✓ Easy to use with gloves
- ✓ Great for beginners

BOA® SYSTEM



- ✓ Fast and precise
- ✓ Micro-adjustable
- ✓ Very consistent fit
- ✓ Top choice for comfort and performance



PRO TIP

Good lacing = better control, less fatigue, and more fun on the mountain. Take 1 minute to lace – save your day.



WHAT TO CHOOSE?

For beginners, all systems work well if the fit is right. Choose what feels most comfortable and easy for you. Focus on fit and how the boot supports your heel.



WHEN TO ADJUST?

After a few runs your boots may settle. Check your laces and adjust if needed. Conditions, socks and riding style can affect the fit.



OVER-TIGHTENED BOOTS CAN RUIN YOUR DAY ON THE MOUNTAIN.



GOOD BOOT FIT = BETTER CONTROL.



COMFORTABLE FEET. BETTER RIDING. LESS FATIGUE.



LOCK THE HEEL. DON'T CRUSH THE FOOT.



HOW TO FALL SAFELY ON A SNOWBOARD

How to reduce injuries and protect yourself when things go wrong.



KEY PRINCIPLES

- ✓ Stay relaxed.
- ✓ Protect your head.
- ✓ Avoid straight arms.
- ✓ Try to slide, not stop.
- ✓ Keep awareness of your surroundings.
- ✓ A controlled fall is better than a crash.

1. LOW SPEED FALLS



- ✓ Relax your body.
- ✓ Don't fight the fall.
- ✓ Fall on forearms and side muscles — not straight on wrists.
- ✓ Keep your chin tucked.
- ✓ Avoid landing on straight arms.
- ✓ Try to slide, not slam.



SOFT FALL = LESS INJURY

2. FALLING AT SPEED



- ✓ Stay compact.
- ✓ Protect your head.
- ✓ Don't reach backward with your hands.
- ✓ Try to slide on your forearms, shoulder or back.
- ✓ Let the board travel with you.
- ✓ Never stiffen your body.



STRAIGHT ARMS = WRIST INJURIES

3. LOST CONTROL?



- ✓ Don't panic.
- ✓ Try to regain edge grip first.
- ✓ Lower your center of gravity.
- ✓ If stopping is impossible — choose a controlled fall.
- ✓ Falling safely is better than crashing into people.



A CONTROLLED FALL IS PART OF SNOWBOARDING.

IF YOU FALL ON YOUR BACK

- ✓ Round your back and tuck your chin into your chest.
- ✓ Keep your arms close to your body.
- ✓ Lift your legs with the board.
- ✓ Roll to one side and let yourself slide to a stop.



IMPORTANT IN EVERY FALL



BASIC RULES DURING FALLS

- ✓ Stay relaxed and don't panic.
- ✓ Protect your head.
- ✓ Keep arms close to your body before impact.
- ✓ Lift your legs with the board.
- ✓ Slide on side, back or forearms — not on wrists or palms.
- ✓ Always look around before getting up.

COMMON BEGINNER MISTAKES



Catching yourself with straight hands.



Falling backward on tailbone.



Trying to save every fall.



Staying stiff during impact.



Looking down at the board.

PRO TIP



Most snowboard injuries happen from resisting the fall — not from the fall itself.

GOLDEN RULE



CONTROL THE FALL.
PROTECT THE BODY.



PANIC + STIFF BODY = HARDER IMPACT.



PRACTICE FALLING AT HOME OR ON FLAT GROUND.



THE BETTER YOU FALL,
THE FASTER YOU PROGRESS.



STAY CALM. RIDE SMART.
ENJOY THE JOURNEY.



WHAT TO BRING TO YOUR LESSON

A LITTLE PREPARATION MAKES YOUR DAY
EASIER, SAFER AND WAY MORE FUN.

GOOD PREPARATION =
LESS STRESS +
FASTER PROGRESSION



FOR YOUR LESSON



EAT BREAKFAST

Fuel your body before the lesson.



SKIPASS

Don't forget it!



BALACLAVA / NECK TUBE SCARF / MASK / GOGGLES

To protect your face from wind and cold.



THIN GLOVES (TOUCHSCREEN)

Wear under your gloves.
Choose ones that work with your phone.



GLOVES

Warm, waterproof snowboard gloves.



WATER BOTTLE

Small, soft silicone bottle.
Safe, light and easy to use.



SNACKS

Candy, protein bar or something
sweet for quick energy.



PHONE + LEASH

Use a phone leash or chest mount
so you don't lose your phone.



MONEY / CARD

For lift tickets, food, lessons, etc.



GUM

Helps with focus and ear pressure.



TISSUES / WIPES

A pack of dry wipes is super useful.



EXTRA NICE TO HAVE



SUNGLASSES
For breaks and
sunny days.



SPARE SOCKS
Thin snowboard
socks.



LIP BALM / SPF
Protect your lips
and skin.



HAIR TIE
Keep your hair
under control.



HAND WARMERS
Great on cold days
(especially for
cold hands!).



SMALL BACKPACK
Optional. For water,
snacks, extra layer
and essentials.

BEFORE YOU ARRIVE



EAT BREAKFAST

Fuel your body
before the lesson.



HYDRATE

Drink water before
you hit the slopes.



ARRIVE EARLY

Come 15–20 minutes early
to get ready without stress.



CHECK WEATHER

Dress in layers and be ready
for conditions.



CHARGE YOUR PHONE

Cold drains battery fast.
Stay connected.



USE RESTROOM

Before the lesson!
One less thing to worry about.



WARM UP A LITTLE

Move your body, wake up
and get ready to ride.



EXTRA MOUNTAIN TIPS

(FOR FULL RESORT DAYS & INDEPENDENT RIDING)



DOWNLOAD RESORT MAP

Know where you're going and
where to meet your instructor.



SMALL BACKPACK

Helps you carry extras
comfortably.



SUNGLASSES

Perfect for sunny days
and breaks.



HAND WARMERS

Optional but awesome
on cold days.



EMERGENCY CONTACT

Make sure it's available
on your phone.



THESE TIPS ARE FOR ALL RIDERS –
NOT ONLY DURING LESSONS.

Good habits make every day
on the mountain better!



COMMON BEGINNER MISTAKES



ARRIVING HUNGRY
Low energy =
less fun.



COTTON SOCKS
They get wet
and make your
feet cold.



NO WATER
Dehydration
leads to fatigue
and headache.



FREEZING HANDS
Wrong gloves or
no liner gloves
make it miserable.



DEAD PHONE
No photos,
no maps,
no contacts.



OVERDRESSING
Too many layers =
sweating = cold
later.



COMFORT + PREPARATION = BETTER RIDING EXPERIENCE



PREPARE WELL.
RIDE BETTER.
ENJOY MORE.



THE BETTER YOU PREPARE,
THE EASIER YOU LEARN.



RESPECT THE MOUNTAIN.
RESPECT YOURSELF.
RESPECT OTHERS.



STAY ALERT.
RIDE SMART.
HAVE FUN.



YOUR SNOWBOARD PROGRESSION PATH

FROM YOUR
FIRST TURNS
TO ANY LINE
YOU CHOOSE.

Snowboarding is a journey.
You set the goal —
we help you build
the skills, confidence
and freedom to
reach it.



THE RIDER PROGRESSION ROADMAP

1 LEVEL 1 BEGINNER RIDER



- ✓ Balance & stance
- ✓ Basic turns
- ✓ Stopping
- ✓ Side slipping
- ✓ Confidence on green runs

RIDES CONFIDENTLY:



GREEN SLOPES

YOU FEEL:



Learning control
and balance.

2 LEVEL 2 CONFIDENT RIDER



- ✓ Linked turns
- ✓ Edge control
- ✓ Speed control
- ✓ Riding blue runs
- ✓ Lift confidence

RIDES CONFIDENTLY:



BLUE SLOPES

YOU FEEL:



Building confidence
and consistency.

3 LEVEL 3 ADVANCED RIDER



- ✓ Carving technique
- ✓ Steeper terrain
- ✓ Variable conditions
- ✓ Switch riding
- ✓ Small features

RIDES CONFIDENTLY:



RED SLOPES

YOU FEEL:



Riding steeper terrain
with control.

4 LEVEL 4 EXPERT RIDER



- ✓ Advanced carving
- ✓ Park & jumps
- ✓ Technical lines
- ✓ Dynamic movements
- ✓ Flow & creativity

RIDES CONFIDENTLY:



BLACK SLOPES

YOU FEEL:



Adapting to difficult
terrain and speed.

5 LEVEL 5 FREERIDE & OFF-PISTE



- ✓ Natural terrain
- ✓ Powder basics
- ✓ Terrain reading
- ✓ Line choice
- ✓ Mountain awareness

RIDES CONFIDENTLY:



FREERIDE
TERRAIN

YOU FEEL:



Freedom beyond
groomed slopes.

CHOOSE YOUR DIRECTION



FREERIDE

Explore natural terrain,
find your lines, enjoy
the freedom.



FREESTYLE

Jumps, rails, boxes.
Express yourself in
the park.



GROUND TRICKS

Butters, presses, spins.
Style starts
on the ground.



BOARDERCROSS

Speed, turns, jumps
and racing
against others.



CARVING

Perfect your turns,
feel the edge,
ride with flow.



STRONG FUNDAMENTALS

Build a solid foundation that
opens every direction.



YOUR GOALS. YOUR PACE.

Set goals, track progress,
celebrate every win.



WE'RE HERE TO HELP

Get tips, guidance, and support
every step of the way.



START



LEARN



PROGRESS



DISCOVER



BECOME YOU



PRACTICE ON PURPOSE.
PROGRESS WITH PATIENCE.



THE BETTER YOU FALL,
THE FASTER YOU IMPROVE.



STAY CALM.
RIDE SMART.
ENJOY THE JOURNEY.



FOCUS ON PROGRESS.
NOT PERFECTION.



BEGINNER PROGRESSION SYSTEM HOW WE BUILD RIDING SKILLS

A CLEAR PATH. REAL PROGRESS.

We follow a logical progression that helps you build strong fundamentals, develop control and become an independent rider.



TOGETHER -
WE BUILD
REAL RIDING.



HOW WE PROGRESS TOGETHER

01



BUILD FUNDAMENTALS

- ✓ Balance & stance
- ✓ Stopping & control
- ✓ Edge awareness
- ✓ First turns
- ✓ Safe movement



02



DEVELOP CONTROL

- ✓ Edge control
- ✓ Linked turns
- ✓ Riding rhythm
- ✓ Confidence
- ✓ Efficient technique



03



PERSONALIZE RIDING

- ✓ Personal goals
- ✓ Body mechanics
- ✓ Learning pace
- ✓ Preferred style
- ✓ Terrain goals



04



EXPAND POSSIBILITIES

- ✓ Steeper terrain
- ✓ Higher speeds
- ✓ Advanced techniques
- ✓ Different conditions
- ✓ New challenges



CONTROL



CONFIDENCE



FREEDOM

Step by step progression. No shortcuts. No survival riding.



GOLDEN RULE

CONTROL BEFORE SPEED.



This is how we build real riders.



PRACTICE
WITH PURPOSE.



STAY CALM.
RIDE SMART.



FOCUS ON PROGRESS,
NOT PERFECTION.



HAVE FUN.
THAT'S WHY WE RIDE.



STAGE 1 BEGINNER AREA

**GOAL: FEEL COMFORTABLE
STANDING ON A SNOWBOARD.**

This is where every rider starts.
We build balance, stability and confidence
so you feel comfortable moving on snow.
No pressure. Just solid foundation.



*SMALL STEPS
STRONG BASE
BIG PROGRESS.*



YOU WILL LEARN



STANCE

Find your
balanced position.



BALANCE

Control your body
over the board.



GETTING UP

Get up safely and
independently.



SAFE FALLING

Fall with control
and protect yourself.



STRAIGHT GLIDE

Slide straight with
balance and control.



BASIC STOPPING

Stop on gentle slopes
in a safe way.

COMMON MISTAKES



STRAIGHT LEGS

Makes balance
unstable.



LOOKING DOWN

Reduces balance
and awareness.



LEANING BACK

Causes catching
an edge.



RUSHING PROGRESSION

Leads to bad habits
and frustration.



TAKE YOUR TIME.
STRONG FOUNDATION
SAVES TIME LATER.

READY FOR THE NEXT STAGE?



You can stand
comfortably.



You can glide
in a straight line.



You can stop
in a controlled
way.



You can get up
independently.



**YOU DON'T NEED
TO BE PERFECT.**
YOU NEED TO BE
CONSISTENT.

INSTRUCTOR TIP



We don't move on
until you feel solid.

Confidence comes
from success,
not from pushing.

Ask questions.
Practice.
Enjoy the process.



I'm here to help
you every step
of the way.



GOLDEN RULE

COMFORT CREATES CONFIDENCE.



BUILD THE BASE. ENJOY THE RIDE.



PRACTICE WITH PURPOSE.



STAY CALM.
RIDE SMART.



FOCUS ON PROGRESS,
NOT PERFECTION.



STAGE 2 ONE-FOOT RIDING

WHY IT MATTERS:
BEFORE TURNS. BEFORE LIFTS.
BEFORE INDEPENDENCE.

One-foot riding is the key to moving around the resort with control and confidence. It gives you freedom, safety and prepares you for everything that comes next.



MOVE FREELY.
RIDE CONFIDENTLY.
BE INDEPENDENT.



YOU WILL LEARN



SKATING

Push and glide with one foot.



ONE-FOOT GLIDE

Glide smoothly with balance and control.



STEERING

Guide your board where you want to go.



STOPPING

Stop safely using your edge.



LIFT APPROACH

Get to the lift with confidence.

WHY WE PRACTICE THIS



CHAIRLIFTS

Get on and off easily and safely.



SURFACE LIFTS

Stay balanced and in control.



RESORT MOBILITY

Move around the resort with ease.



SAFETY

Stay aware, stay in control.



INDEPENDENCE

Less help needed. More freedom.

COMMON MISTAKES



CARRYING BOARD EVERYWHERE

Use your board. It's made to ride.



HOPPING

Small pushes, not jumps.



LOOKING AT FEET

Look ahead. See your path.



STIFF BODY

Stay relaxed. Let your body flow.



RELAXED RIDING
IS EFFICIENT
RIDING.

QUICK TIPS



Keep your weight over the board.



Push gently with your foot.



Look where you want to go.



Stay relaxed and balanced.



Practice a little bit every day.



Freedom on the flat makes control on the hill possible.



GOLDEN RULE

YOUR BOARD SHOULD RIDE THE SNOW – NOT YOUR HANDS.



MOVE WITH YOUR BOARD. RIDE THE MOUNTAIN.



PRACTICE WITH PURPOSE.



STAY CALM.
RIDE SMART.



FOCUS ON PROGRESS,
NOT PERFECTION.



HAVE FUN.
THAT'S WHY WE RIDE.



DRILL FALLING LEAF

PURPOSE:
CONTROL DIRECTION
WHILE SLIDING.

The Falling Leaf helps you understand pressure, edges and how to guide your snowboard down the mountain with control and confidence.



*FLOW DOWN
THE MOUNTAIN.
CONTROL YOUR
DIRECTION.*



WHAT YOU WILL LEARN



EDGE CONTROL
Use your edges to guide direction.



PRESSURE MANAGEMENT
Adjust pressure to speed up or slow down.



TERRAIN AWARENESS
Read the slope and choose your line.



SMOOTH MOVEMENT
Stay calm and let the board flow.



CONFIDENCE
Feel in control on any terrain.

HOW TO DO IT

- 1 Start in a gentle traverse on your heel edge.
- 2 Shift your weight slightly to your toe edge.
- 3 Let the board flatten out and point more down the hill.
- 4 Add a little more toe edge to control your speed and direction.
- 5 To go back, flatten out and return to your heel edge.



LET THE BOARD
CHANGE EDGES.
YOU GUIDE THE FLOW.

COMMON ERRORS



PANIC BRAKING
Sudden braking kills control.



LOOKING AT BOARD
You lose awareness and direction.



ROTATING SHOULDERS
Your upper body goes first.



TOO MUCH PRESSURE
Makes the board catch and skid.



STIFF MOVEMENTS
Tension reduces balance and flow.



RELAX. BREATHE.
LET THE BOARD
DO THE WORK.

WHAT THIS DRILL BUILDS



CONTROL
You control direction and speed.



CONFIDENCE
You trust your edges and yourself.



FLOW
You move smoothly down the mountain.



AWARENESS
You look ahead and read the terrain.



ENJOYMENT
Riding becomes fun and natural.



GOLDEN RULE

LET THE BOARD MOVE.



GUIDE THE BOARD. DON'T FIGHT IT.



PRACTICE WITH PURPOSE.



STAY CALM.
RIDE SMART.



FOCUS ON PROGRESS,
NOT PERFECTION.

STAGE 3

RIDING TO STOP

EVERY GREAT RIDE ENDS WITH A GOOD STOP. CONTROL YOUR SPEED, RIDE WITH CONFIDENCE.

Knowing how to stop is just as important as knowing how to ride. You'll feel more in control and safer on the mountain.



- KEY POINTS
-  KEEP YOUR WEIGHT CENTERED.
 -  USE YOUR EDGE TO SLOW DOWN.
 -  LOOK AHEAD AND PLAN.
 -  STAY CALM AND RELAXED.
 -  STOP SMOOTHLY AND HAVE FUN!

GOOD RIDERS KNOW HOW TO STOP.
GREAT RIDERS DO IT SMOOTHLY.



BEFORE YOU START

-  **CHECK YOUR SPEED**
Make sure you're not going too fast.
-  **LOOK AHEAD**
Find a clear and safe spot to stop.
-  **CHECK AROUND YOU**
Be aware of other riders and your surroundings.
-  **SET YOUR EDGE**
Get your board across the slope.
-  **TAKE A BREATH**
Stay calm and relaxed. You've got this!

HOW TO DO IT

- Ride across the slope on a gentle angle.
- Shift your weight onto your heel edge.
- Apply a little pressure to your heel edge.
- Keep your weight centered and low.
- Gradually increase the pressure to slow down.
- Come to a smooth, controlled stop.

 PRACTICE MAKES PROGRESS. KEEP PRACTICING!

COMMON MISTAKES

-  **SITTING BACK**
Leads to losing your edge and control.
-  **TURNING UPHILL**
You'll likely catch an edge and fall.
-  **TOO MUCH WEIGHT**
on your back foot. Makes it hard to stop.
-  **NOT USING EDGE**
Sliding flat makes it harder to slow down.
-  **PANICKING**
Tension makes it harder to stop.

 STAY CALM. SMOOTH STOPS COME WITH PRACTICE.

WHY IT MATTERS

-  **SAFETY FIRST**
You can stop when you need to and avoid danger.
-  **MORE CONTROL**
You ride the mountain, not the other way around.
-  **BUILDS CONFIDENCE**
The better you stop, the more confident you'll feel.
-  **MORE ENJOYMENT**
Smooth stops = more fun and freedom.
-  **READY FOR MORE**
Stopping well means you're ready for the next level.



GOLDEN RULE

A GOOD STOP IS A SIGN OF A GOOD RIDER.



—  RIDE SMART. RIDE SAFE. RIDE SWEET.  —



STAGE 4 FIRST TURNS

GOAL: LINK TURNS TOGETHER
AND RIDE DOWN THE SLOPE
WITH CONTROL.

This is where everything starts to click.
You learn to use both edges, connect turns
and ride the whole slope with confidence.



TURN TO
GO ANYWHERE.
TURN TO
STAY IN CONTROL.



YOU WILL LEARN



J-TURNS

Make one turn
at a time.



GARLANDS

Link turns on one
edge.



EDGE TRANSITIONS

Smooth and balanced
transitions.



LINKED TURNS

Connect turns and
ride the whole slope.



SPEED CONTROL

Manage your speed
through turning.



TERRAIN READING

Choose the right line
and adapt.

BIGGEST FEAR



THE FALL LINE.

It looks steep.
It feels fast.
It's OK to feel this!

WHAT WE BUILD

- ✓ Confidence through turning.
- ✓ Trust in your edges.
- ✓ Balance and control.
- ✓ Flow and rhythm.
- ✓ Independence.



CONTROL
THROUGH
TURNING,
NOT STOPPING
THROUGH FEAR.

COMMON MISTAKES



TWISTING SHOULDERS

Leads to loss of balance
and control.



FORCING THE TURN

Creates tension and
makes turns skiddy.



LEANING UPHILL

Makes the board slide
and lose the edge.



BRAKING INSTEAD OF TURNING

You slow down too much
and lose flow.



LOOKING DOWN

You lose awareness
and direction.



TURNS ARE ABOUT
GUIDING THE BOARD,
NOT FIGHTING IT.

HOW YOU'LL FEEL



PROUD

You'll feel real
progress.



CONFIDENT

You'll trust yourself
more and more.



IN CONTROL

You control your speed
and your line.



READY

You're ready for new
terrain and challenges.



EXCITED

This is where
snowboarding
becomes addictive!



GOLDEN RULE

URNS CONTROL SPEED.



PATIENCE NOW. CONFIDENCE FOREVER.



PRACTICE WITH PURPOSE.



STAY CALM.
RIDE SMART.



FOCUS ON PROGRESS,
NOT PERFECTION.



DRILL J-TURN

PURPOSE:
LEARN HOW ONE EDGE
CREATES A TURN.

The J-Turn is the foundation of all snowboard turns. It teaches you how to use your edge, control your speed and change direction with confidence



HOW IT WORKS

- 1 Start across the slope.
- 2 Engage your edge.
- 3 The board turns.
- 4 Finish across the slope.

KEY POINTS



PATIENCE

Let the board turn. Don't rush it.



EDGE ANGLE

Tip the board on your edge, not too much.



BODY POSITION

Knees bent, body over the board, look ahead.



BALANCE

Stay centered and relaxed.



LOOK AHEAD

Look where you want to go, not at the nose of your board.

HOW TO DO IT

- 1 Start across the slope with a flat base.
- 2 Look in the direction you want to go.
- 3 Tip the board on your heel or toe edge.
- 4 Let the board make a smooth J shape.
- 5 Finish across the slope and repeat to the other side.



SMALL TURNS.
SMOOTH MOVES.
BIG PROGRESS.

COMMON ERRORS



TWISTING BOARD

Using upper body instead of edge.



FORCING ROTATION

Trying to turn with your shoulders.



LEANING UPHILL

Makes the board slide and lose the edge.



RUSHING

Not enough time to engage the edge.



SITTING BACK

Too much weight on your back foot.



SLOW IS SMOOTH.
SMOOTH IS FAST.
FOUNDATION FIRST.

WHAT THIS DRILL BUILDS



EDGE CONTROL

Understand how edges work.



CONFIDENCE

You gain trust in your turns.



SPEED CONTROL

You learn to manage speed, not fight it.



TURNING AWARENESS

You feel the snow and your edge.



FOUNDATION

Every turn you ride starts with a J-Turn.



GOLDEN RULE

ONE EDGE. ONE TURN.



MASTER THE BASICS. UNLOCK EVERYTHING.



PRACTICE WITH PURPOSE.



STAY CALM.
RIDE SMART.



FOCUS ON PROGRESS,
NOT PERFECTION.



DRILL GARLANDS

PURPOSE:
BUILD CONFIDENCE BEFORE
LINKED TURNS.

Garlands (traverse turns) help you practice turn entries and exits without committing down the fall line. It's the perfect step before linked turns.



WHY WE USE IT

- ✓ Before linked turns.
- ✓ Before steeper terrain.
- ✓ Before higher speeds.
- ✓ To build confidence and control.
- ✓ To understand turn shape.



KEY POINTS



TRAVERSE

Ride across the slope with control.



EDGE ENGAGEMENT

Engage your edge to start the turn.



TURN SHAPE

Make a shallow C-shape.



CHANGE EDGES

Release and switch to the other edge.



REPEAT

Link garlands from side to side.



LOOK AHEAD

Look across the slope, not at your board.

HOW TO DO IT

- 1 Traverse across the slope on your heel edge.
- 2 Engage your edge and start a shallow turn.
- 3 Let the board slow you down naturally.
- 4 Release the edge and return to a traverse.
- 5 Switch to your toe edge and make the turn the other way.
- 6 Keep your turns small, smooth and controlled.



SMALL TURNS.
SMOOTH TRANSITIONS.
BIG CONFIDENCE.

COMMON MISTAKES



TOO MUCH SPEED

Hard to control and hard to turn.



TURNING TOO STEEP

Makes the turn harder than it should be.



LEANING BACK

Loses edge and stops the turn.



NOT CHANGING EDGE

No progression without switching edges.



LOOKING DOWN

You lose direction and balance.



CONTROL YOUR EDGES,
CONTROL YOUR RIDES,
CONTROL YOUR PROGRESSION.

WHAT THIS DRILL BUILDS



TURN ENTRY

Confidence to start a turn.



EDGE CONTROL

Better understanding of your edges.



TERRAIN AWARENESS

Helps you read the slope and plan.



RHYTHM

Builds flow and smoothness.



CONFIDENCE

Prepares you for linked turns.



GOLDEN RULE

CONFIDENCE BEFORE COMMITMENT.



BUILD IT HERE. USE IT EVERYWHERE.



PRACTICE WITH PURPOSE.



STAY CALM.
RIDE SMART.



FOCUS ON PROGRESS,
NOT PERFECTION.



STAGE 5 LINKED TURNS

YOU'RE PUTTING IT ALL
TOGETHER. TIME TO RIDE
THE WHOLE MOUNTAIN
WITH CONFIDENCE.

You can now link turns, control your speed, read the terrain and make decisions like a real rider. Keep building and keep pushing your limits.



RIDE ANYWHERE.
ADAPT.
HAVE FUN.
NEVER STOP.



KEY SKILLS YOU HAVE



LINKED TURNS

You can connect turns smoothly.



EDGE CONTROL

You use your edges to steer and control.



SPEED MANAGEMENT

You regulate your speed for any terrain.



TERRAIN READING

You look ahead and choose your line.



BALANCE & POSTURE

You stay centered and in control.



CONFIDENCE

You trust your abilities and enjoy the ride.

WHAT TO WORK ON



EXPLORE NEW TERRAIN

Try blue runs, different conditions and steeper slopes.



REFINE YOUR TURNS

Work on making your turns even smoother and more consistent.



IMPROVE YOUR FLOW

Find your rhythm and make every run feel effortless.



BUILD ENDURANCE

Stay strong and relaxed for longer, better rides.



THE MOUNTAIN IS BIG. THERE'S ALWAYS SOMETHING NEW TO LEARN AND ENJOY.

COMMON CHALLENGES



OVERCONFIDENCE

Leads to mistakes. Stay focused.



RIDING TOO FAST

Hard to react and harder to control.



POOR LINE CHOICE

Makes the run harder than it needs to be.



GETTING TIRED

Leads to sloppy turns and bad habits.



NOT ADAPTING

Conditions and terrain are always changing.



SMART RIDERS ADAPT. GREAT RIDERS KEEP EVOLVING.

HOW YOU'LL BENEFIT



MORE FREEDOM

Ride more of the mountain your way.



BETTER RIDER

Your skills and control keep improving.



MORE FUN

Every run becomes more enjoyable.



READY FOR ANYTHING

You can handle new challenges with confidence.



LIFELONG PASSION

Snowboarding becomes part of who you are.



GOLDEN RULE

KEEP RIDING. KEEP GROWING.



THE BEST RIDES ARE AHEAD OF YOU.



PRACTICE WITH PURPOSE.



STAY CALM.
RIDE SMART.



FOCUS ON PROGRESS,
NOT PERFECTION.



STAGE 6 INDEPENDENT RIDING

YOU'VE BUILT THE BASICS.
NOW IT'S TIME TO RIDE
ON YOUR OWN.

This is the first real milestone.
You can manage the mountain,
make decisions and ride with control
and confidence.



RIDE SMART.
RIDE SAFE.
RIDE FREE.



YOU MUST BE ABLE TO



RIDE LIFTS

Load, ride and unload safely.



LINK TURNS

Make controlled turns in both directions.



STOP SAFELY

Use different methods to control and stop.



CONTROL SPEED

Adjust your speed for any situation.



RECOVER BALANCE

Handle small mistakes and stay on your feet.



SLOPE ETIQUETTE

Understand and respect the rules on the mountain.

NOW YOU CAN



RIDE GREEN SLOPES INDEPENDENTLY

Explore the whole mountain with confidence.



START EXPLORING BLUE SLOPES

Take on more terrain and new challenges.



CONTINUE BUILDING EXPERIENCE

Every run makes you better.

WHAT THIS MEANS



You are no longer a beginner.



You can make decisions on the mountain.



You can handle different terrain and situations.



You ride with more control and less fear.



You are ready for your next level.



THIS IS NOT THE END.
THIS IS THE START OF REAL PROGRESSION.



GOLDEN RULE

INDEPENDENCE IS THE FIRST REAL MILESTONE.



YOU DID THE WORK. NOW ENJOY THE FREEDOM.



PRACTICE WITH PURPOSE.



STAY CALM.
RIDE SMART.



FOCUS ON PROGRESS,
NOT PERFECTION.



DRILL

CONTROL YOUR SPEED

PURPOSE:
LEARN TO MANAGE YOUR SPEED
ON ANY TERRAIN AND IN ANY
CONDITION.

Speed control is freedom. It helps you ride more terrain, stay safe and have more fun.



SPEED CONTROL TOOLS

- USE YOUR EDGES**
More edge = slower.
Less edge = faster.
- CHANGE YOUR TURN SIZE**
Smaller turns slow you down.
Larger turns let you go faster.
- READ THE TERRAIN**
Use the shape of the mountain to your advantage.
- ADJUST YOUR WEIGHT**
More on your back foot slows you down.
- STAY CALM**
Relaxed riders make better decisions.

*YOU'RE IN CONTROL.
OWN YOUR SPEED.*



WAYS TO SLOW DOWN

- HEEL EDGE**
Lean back and use your heel edge.
- SHORT TURNS**
Make quick, short turns across the slope.
- SKID (SMEAR)**
Skid across the slope to scrub speed.
- SIT BACK**
Move your weight toward your back foot.
- USE TERRAIN**
Ride in softer snow or flatter areas.
- SMALL MOVES MAKE A BIG DIFFERENCE.**

WAYS TO SPEED UP

- TOE EDGE**
Lean forward and use your toe edge.
- LONG TURNS**
Make wider, longer turns.
- POINT IT**
Point your board more down the fall line.
- MOVE FORWARD**
Shift your weight toward your front foot.
- USE STEEPER TERRAIN**
Gravity is your friend!
- COMMIT SMOOTHLY. SPEED COMES WITH CONFIDENCE.**

COMMON MISTAKES

- LEANING BACK TOO MUCH**
You'll stall out or even stop.
- STANDING UPRIGHT**
No edge = no control.
- TURNING TOO TIGHT**
Scrubs speed and can feel jerky.
- LOOKING DOWN**
Look ahead so you can plan and react.
- TENSE BODY**
Tension leads to mistakes. Stay loose and balanced.
- BE SMOOTH. BE CALM. BE IN CONTROL.**

WHY IT MATTERS

- SAFETY**
Control your speed, avoid dangerous situations.
- MORE OPTIONS**
You can ride any terrain with confidence.
- LESS FATIGUE**
Smooth, controlled riding uses less energy.
- MORE FUN**
You'll enjoy the ride so much more!
- NEXT LEVEL**
Great speed control makes you a better rider.



GOLDEN RULE

CONTROL YOUR SPEED. RIDE YOUR RIDE.



— THE MOUNTAIN WILL ALWAYS BE THERE. YOU COME FIRST. —



PRACTICE WITH PURPOSE.



STAY CALM.
RIDE SMART.



FOCUS ON PROGRESS,
NOT PERFECTION.



CHOOSE YOUR TERRAIN RIDE YOUR LEVEL

THE FASTEST WAY TO IMPROVE IS TO
RIDE TERRAIN YOU CAN CONTROL.

Learning happens when you're challenged —
not overwhelmed.

DON'T RIDE TERRAIN
THAT IS ABOVE YOUR
SKILL LEVEL.



GREEN SLOPES



LEARNING ZONE

- ✓ Learn new skills
- ✓ Build confidence
- ✓ Practice turns
- ✓ Practice stopping
- ✓ Make mistakes safely

Best place for
most beginners.

BLUE SLOPES



INDEPENDENT RIDING

- ✓ Apply your skills
- ✓ Improve speed control
- ✓ Link turns consistently
- ✓ Explore longer runs

Ride here when green
slopes feel easy.

RED SLOPES



INSTRUCTOR RECOMMENDED

- ✓ Higher speeds
- ✓ Stronger edge control required
- ✓ Better terrain awareness needed
- ✓ Mistakes have bigger consequences

Move here with solid
fundamentals.

BLACK SLOPES



ADVANCED RIDERS ONLY

- ✓ Steep terrain
- ✓ Fast decision making
- ✓ Precise board control
- ✓ Confidence under pressure

There is no prize for
surviving a black run.

COMMON MISTAKE



TERRAIN EGO

Choosing terrain
to impress others.



The mountain doesn't care
about your ego.

Ride where you can stay
in control.

WHAT SMART RIDERS DO



- ✓ Progress gradually
- ✓ Build skills first
- ✓ Respect the mountain
- ✓ Choose terrain intentionally
- ✓ Turn around if necessary

REMEMBER



THE BEST RIDERS
ARE NOT THE BRAVEST.

THE BEST RIDERS ARE
THE ONES WHO MAKE
GOOD DECISIONS.



GOLDEN RULE
**RIDE THE SLOPE YOU CAN CONTROL.
NOT THE ONE YOU WANT TO SURVIVE.**



PROGRESS COMES FROM CONFIDENCE, NOT FEAR.



RESPECT THE MOUNTAIN.
IT WILL ALWAYS
BE THERE.



STAY CALM.
RIDE SMART.
ENJOY THE JOURNEY.



FOCUS ON PROGRESS,
NOT PERFECTION.



YOUR DECISIONS
SHAPE YOUR
EXPERIENCE.



LIFT SKILLS

THE MOUNTAIN STARTS WITH THE LIFT.

Ride the lift with confidence.
Every run begins here.



CHAIRLIFTS

- Loading
- Riding
- Unloading



SURFACE LIFTS

- Magic carpet
- Button lift
- T-Bar
- Rope tow



RESORT FLOW

- Queue etiquette
- Safe loading zones
- Safe unloading zones



CONFIDENCE

- Less stress.
- More riding.



CONFIDENCE
ON THE LIFT
= CONFIDENCE
ON THE SLOPE



CHAIRLIFTS – UNLOADING



BEFORE THE RAMP

- ✓ Turn your snowboard in the direction of travel.
- ✓ Rotate your hips toward your front foot.
- ✓ Place your free foot on the board between the bindings, close to the rear binding.
- ✓ Put one hand on the chair for support.

BODY POSITION

- ✓ Weight 50/50 on both feet.
- ✓ Stay centered over the board.
- ✓ Keep your board flat.
- ✓ Look ahead, not at your feet.



WHEN STANDING UP

- ✓ Let the chair push you forward.
- ✓ Stand up smoothly.
- ✓ Glide straight away from the unload area.
- ✓ Keep looking ahead.

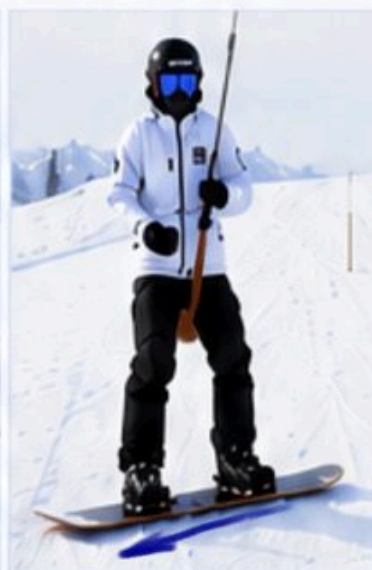
i Always check behind you and move out of the unload area quickly and safely.

SURFACE LIFTS – BUTTON LIFT & T-BAR

MAGIC CARPET



BUTTON LIFT



T-BAR



ROPE TOW



BODY POSITION

- ✓ Rotate your torso along the snowboard.
- ✓ Keep your shoulders parallel to the board.
- ✓ Keep your hands above the board.
- ✓ Front hand may lightly hold the lift pole.



WHERE TO LOOK

- ✓ Lift your head.
- ✓ Look in the direction of travel.
- ✗ Don't look at your feet.
- ✗ Don't look around.



BALANCE & CONTROL

- ✓ Let the lift pull you.
- ✓ Stay relaxed.
- ✓ Keep pressure centered over the board.
- ✓ Allow the snowboard to track naturally.

i If you lose balance, let go of the pole and step off to the side. Don't fall backward. Stay calm and try again.

COMMON MISTAKES – AVOID THEM!



LOOKING AT YOUR BOARD
Look ahead, not down.



TWISTING SNOWBOARDS ACROSS BOARD
Keep your body in line with the board.



SITTING ON THE CHAIR TOO EARLY
Wait for the chair to reach you.



SITTING ON THE BUTTON LIFT
Place the button behind your leg, not under you.



PULLING AGAINST THE LIFT
Relax and let the lift pull you up.



PANIC
Most lift problems come from rushing.

WHAT THIS BUILDS

- ✓ Independence
- ✓ More riding time
- ✓ Resort confidence
- ✓ Less fear
- ✓ Better flow



GOOD RIDERS DON'T FIGHT THE LIFT.
THEY WORK WITH IT.



GOLDEN RULE
THE LIFT PULLS.
YOU BALANCE.



DON'T FIGHT THE LIFT.
LET IT DO THE WORK.

♥ EVERY GREAT RUN STARTS WITH A SMOOTH LIFT RIDE. ♥



PRACTICE
WITH PURPOSE.



STAY CALM.
RIDE SMART.



FOCUS ON PROGRESS.
NOT PERFECTION.

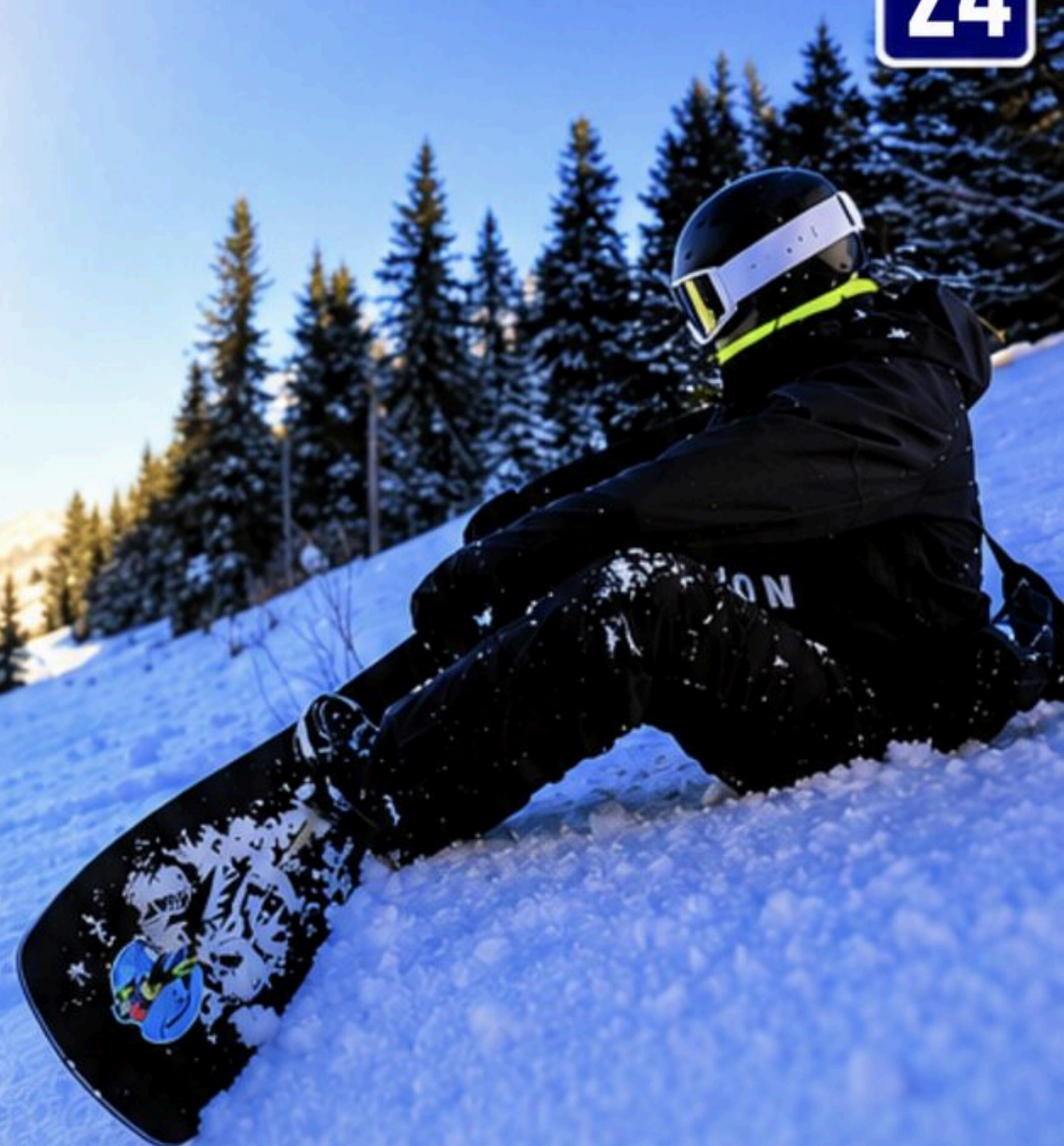


RESPECT THE MOUNTAIN.
RESPECT OTHERS.



IT WAS NEVER ABOUT THE SNOWBOARD

What starts as learning a snowboard...
often becomes something much bigger.



WHAT PEOPLE THINK THEY ARE LEARNING

- How to turn
- How to stop
- How to ride lifts
- How to control a snowboard

WHAT THEY REALLY LEARN

- Confidence
- Focus
- Patience
- Resilience
- Trust in themselves

MY TEACHING PHILOSOPHY

✗ I DON'T TEACH:
survival riding
panic reactions
shortcut learning
copying movements
instant progression

✓ I TEACH:
understanding
movement awareness
edge control
efficient technique
independent decision making
strong fundamentals

Control is the foundation of everything.

CONTROL
↓
CONFIDENCE
↓
FREEDOM

Confidence creates freedom.

MY GOAL FOR EVERY STUDENT

Not to create riders who can
survive a slope.
But riders who can:

- RIDE INDEPENDENTLY
- STAY SAFE
- CONTINUE PROGRESSING
- EXPLORE NEW TERRAIN
- ENJOY EVERY DAY ON SNOW
- STRONG FUNDAMENTALS

- ✓ We build control first.
- ✓ We don't chase speed.
- ✓ Every rider progresses differently.
- ✓ No shortcuts.

“

SNOWBOARDING IS NOT ABOUT FIGHTING THE MOUNTAIN.
IT'S ABOUT LEARNING TO MOVE THROUGH IT
WITH CONTROL, CONFIDENCE AND FREEDOM.

”



Every expert rider was once a beginner.
Every confident rider started with a first turn.
Every journey starts with a decision to begin.



GOLDEN RULE
THE GOAL IS NOT TO RIDE LIKE SOMEONE ELSE.
THE GOAL IS TO BECOME YOUR BEST RIDER.



PROGRESS WITH PURPOSE.



TRUST THE PROCESS.



ENJOY THE JOURNEY.



FOCUS ON PROGRESS,
NOT PERFECTION.



DON'T PRACTICE ALONE.

You can ride all day.
But without feedback,
you might just be
building bad habits faster.



A CAMERA NEVER LIES.

What feels right and what actually happens on snow are often two different things.

WHAT I'LL SHOW YOU



WHAT YOU THINK YOU'RE DOING

Your intention on the snow.



WHAT YOU'RE ACTUALLY DOING

The reality captured on video.



WHERE YOU'RE LOSING CONTROL

The moments that break your flow.



WHERE YOU'RE WASTING ENERGY

Unnecessary movements and habits.



WHAT WILL GIVE YOU THE BIGGEST IMPROVEMENT

High-impact changes that move you forward.

PROFESSIONAL FEEDBACK INCLUDES

- ✓ Movement analysis
- ✓ Technical breakdown
- ✓ Efficiency assessment
- ✓ Personalized recommendations
- ✓ Progression strategy
- ✓ Clear action steps



CONTACTS & FEEDBACK



EMAIL

kris@snowbuttersweet.com



INSTAGRAM

@snowbuttersweet



TIKTOK

@snowbuttersweet



TELEGRAM

@snowbuttersweet

Send me your riding videos,
questions, or progression goals.
Let's identify your next step
together.



SEND ME YOUR RIDING VIDEO

The fastest way to improve is knowing exactly
what to work on next.



Good riders know how they ride.
Great riders know how to improve.
Feedback is the difference.



GOLDEN RULE
PROGRESS STARTS WHEN YOU SEE
WHAT YOU COULDN'T SEE BEFORE.



PROGRESS
WITH PURPOSE.



TRUST
THE PROCESS.



ENJOY
THE JOURNEY.



FOCUS ON
PROGRESSION.