

# Welcome to Perisher and the APSI Spring Sessions



**Spend the weekend meeting new friend or catching up with old ones. The APSI spring sessions is a fun opportunity for all members to relax, learn and ride with some of Australia's top trainers: the 2019 Interski Team!**

Spring sessions have a relaxed vibe and you have full control over what topics you attend and the team members you ride with. Ranging from race drills to freestyle, the latest team technique to the much anticipated 'girls ride session' choosing a session will be easy and will be scheduled to best suit the conditions. So, you can hit the groomers in the morning and the bumps in the afternoon.

## SATURDAY 16TH SEPTEMBER

Breakfast	8:00am - 8:45am	Aldo's
Morning Session	9:00am - 12:00pm	Meet at Skitube
Lunch	12:00pm - 1:00pm	Aldo's
Afternoon Session	1:00pm - 4:00pm	Meet at Skitube
Après Party	8:00pm - 9:00pm	Jindabyne Brewing

## SUNDAY 17TH SEPTEMBER

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Morning Session	9:00am - 12:00pm	Meet at Skitube
Lunch	12:00pm - 1:00pm	TBC
Afternoon Session	1:00pm - 4:00pm	Meet at Skitube



Note: Après party tickets are included for all who attend both days of spring sessions

## APRÈS PARTY and FUNdraiser

Informal interactions can often be the most giving... start your day with breakfast at Aldo's or spend Saturday evening with all APSI members and celebrate the winter that was 2017.

A team fundraiser will be held at the Jindabyne brewery from 5-9 p.m. on Saturday September 16, entry will only cost \$20 and places are limited to 50, so get in quick! The ticket price includes a drink & nibbles to enjoy while you check out the great items for sale during the night... if you need some new gear this is the party for you!

# SESSION DESCRIPTIONS

On-snow elective sessions are your chance to ski or ride with a new group, led by an APSI National Team member, past APSI Team members, or special guests. Come ride with the new demo team, spend time with friends, try something new or brush up on your skills. One day or two, it's up to you! Groups are limited in size and organised by pacing and ability levels.

## **Carving**

Ski the groomers, make your skis arc, slice, and trench like never before. Explore fundamentals of good skiing and their applications to carving a great turn. Different group levels will explore blue to black groomed terrain at a variety of speeds and intensity levels.

## **Shut up and Ski**

Not much talking, but plenty of skiing. Explore off-piste terrain, applying fundamentals to handle whatever the day brings – powder, crud, corn, and other variable conditions.

## **Video Analysis**

Have yourself filmed skiing over a variety of terrain and then receive analysis and feedback to see instant skill development.

## **Bumps**

Explore the fundamentals needed to control speed and turn shape in different steep and bumpy conditions.

## **Racing (Ant)**

Challenge yourself to complete and go faster through a stubbies course, with expert coaching to assist your skill development.

## **Girls Session (Shauna)**

A fun, pressure free ski session just for the girls!

## **Demo Team Essentials (Richard J)**

Join Richard for a run down on the demo team, their focus and what we are working towards for Interski 2019.

## **Communication in Skiing (Michaela)**

Michaela is excited to offer a session based around communication and skiing. Aimed at working instructors, this session will workshop different ways of describing skills and movements and effective communication to suit a students' learning style.

## Snowboard

Freeride, Pipe, Freestyle, Boarder X, Girls Ride + more! Spend a day (or two!) riding with our Snowboard team members.

## Telemark

Telemark is always popular at Spring Sessions, this is a great opportunity to train and ski with the Tele team outside of traditional exam training.

## Nordic

Explore the nordic trails of Perisher and brush up on your skiing skills with our nordic team members! Classic or skate.

## Adaptive

A special session for adaptive instructors. Brush up your adaptive instruction skills and learn what's new.

## Come & Try: Telemark, Adaptive, Nordic (Sunday)

Remove your training heels for an afternoon! Free your heels and explore Perisher. Bring tele skis or demo from wilderness sports and give it a go. Ever wanted to drive a sit ski? Now's your chance... team up with the adaptive sepecialists to learn about how they open up snowsports to people with disabilities and test out the equipment for yourself.



Please note that sessions will be subject to change based on registrations and trainer availability.

# IMPORTANT INFORMATION

## Recall

Spring sessions are a great way to update your certification in a fun environment. Attending a spring session day (or two) will updated your certification for a further 3 years, you must also own a copy of the current teaching manual.

## Lift Tickets

Lift tickets are complimentary for all APSI members currently working in an Australian Snowsports School. For those not currently working for a snowsport school, tickets can purchased online or at Perisher upon arrival. Go here to pre-purchase your lift tickets online:

<https://shop.perisher.com.au/buy/>

## Equipment

If you register for a "come & try" session and need to hire equipment, Wilderness sport hire telemark & nordic equipment at Perisher. Adaptive equipment will be supplied with thanks to Disabled Wintersport Australia (DWA).

## Demo Equipment

Telemark, touring and backcountry equipment will be available to demo on Sunday thanks to Wilderness Sports. There will also be some great deals offered to those who make a purchase on the day.

## Food

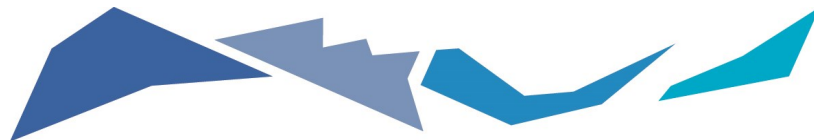
Breakfast is included in the cost for each day of Spring Sessions. Then we will come together for lunch each day as well (own cost). These food sessions are not mandatory, but a great way to catch up with colleagues and friends.

## Apres Party

Saturday 16th September from 6:00 - 9:00 PM, Jindabyne Brewing, Nettin Cct. There will be an awesome kick-off party on Saturday night at Jindabyne Brewing. Tickets are just \$20, which includes nibbles & a drink. Tickets are included for anyone registered for 2 x days of spring sessions. Otherwise, tickets are available through the APSI website. Places are limited, so get in quick!



Spring Sessions are brought to you by:



**perisher**

By attending a spring session you're making a direct donation to help the APSI National Demonstration Team represent us at Interski (plus you get a great weekend of training!)



## AUSTRALIAN PROFESSIONAL SNOWSPORT INSTRUCTORS

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