



QAST DEVELOPMENT PROGRAM

NZSki in collaboration with QAST developed a progressive and holistic approach to skiing terrain and alpine racing on the Queenstown mountains. Coaches work with children aged 6 to 12 years old developing essential skiing skills through a combination of activation techniques, terrain skiing, drills, set environments and lots of fun. The goal of the program is to gain confidence on skis starting a pathway to becoming a good and accomplished skier.

The program is suitable for:

- Age: 6-12 years
- Participants must be able to make controlled turns on intermediate terrain
- Can use the Rocky Gully T-bar by themselves
- Skiers already racing at their school level

You will need a valid lift pass and ski equipment, these can be purchased/hired on the mountain if required and are not included in the program.

Includes:

- 12 days of coaching, focused on development of fundamental ski skills
- Each participant will be assigned to a group for the duration of the program
- Program hours: 8:30am to 2:30pm
- Personalized QAST and Coronet Peak Race hoodie
- Coached participation in Night n' Day Junior Interfield Race on 24th July registration

www.snowsports.co.nz/register

Dates:

- 10th - 12th July
- 14th - 16th July
- 18th - 20th July
- 22nd - 24th July



Register at www.coronetpeak.co.nz/qast