



School PE Program 2011-2012 Student Information

We are looking forward to meeting you and hope you enjoy skiing at Teton Pass Ski Resort. Here is some useful info to help you prepare for your trip, and guidelines for filling out the paperwork.

Planning for your trip to Teton Pass:

- **We recommend** eating a good breakfast, we will be providing you with a sack lunch along with a soda or water to wash it down and keep you hydrated. You may want to bring an additional snack or energy bar to keep the motor running.
- **Dress for success:**

It is a good idea to wear at least three layers, so you are warm enough it can get quite cold on the mountain and you want to enjoy your day instead of shiver through it. While it may not be very cold on the day you're on the mountain, you'll want to be prepared just in case.

Here's a list of stuff to should have:

- A good warm coat/ski jacket to stop the wind and keep you dry, so it should be waterproof, as if it snows, the snow will melt on your jacket and make it wet if it is not waterproof.
- Snow pants, or insulated overalls
- A warm hat that covers your ears (Hats keep you warmer than headbands do by a long shot)
- Warm mittens or gloves – avoid knitted ones since they get wet and don't block the wind much.
- Warm, thick long socks – and an extra pair to wear on the way home
- Scarf to keep the wind and snow out
- Long-johns, tights or sweat pants under those ski pants and at least 3 layers on the top like a t-shirt, sweat top or a sweater and then your waterproof jacket .
- Sunglasses or goggles to protect your eyes from wind, sun and snow
- You should wear some sunscreen and have some chap stick with you.

If you dress for success you will enjoy the day ten times more than if you are uncomfortable.

What should I do Ski or Snowboard?

Both are fun, but the first day on skis is a *much easier* deal than the first day on a snow board.

If you choose to snowboard, be prepared for a very tiring day. Beginner skiing skills are much easier to learn if this is your first time on the mountain, so if you choose to snowboard, don't be surprised if you see your friends on skis are zooming around the mountain, while you are still struggling for a few turns in the beginner's slopes!

(And remember, you must be at least 7 years-old to snowboard.)

Visit www.tetonpassresort.com for more info on the mountain, safety and to see photos of the mountain

See below for details on how to complete your Rental Form

Filling Out the rental form:

Everybody must fill out their own individual rental form if they are renting equipment. Or the parent's permission form if you have your own gear.

Here's what you need to do:

- Fill in your **Full Name**, your **School's Name**, your **Home Mailing Address**, **Phone Number**, and your **Social Security Number** (Your parents will know this number if you don't.)
- **If you are snowboarding, you're Stance:**
- **Regular** means left foot forward, **Goofy** means right foot forward. If you don't know or aren't sure, you still have to pick one as a place to start. Most right-handed people are Regular, Most left-handed people are Goofy.
- **Skier Type:** Everyone needs to fill this out. **Read the descriptions and decide which one fits you best.** It lets our staff how to set the bindings on your skis.
- Fill in your **Age, Weight, Height** and **Shoe Size**. This tells us what size equipment you'll need.
- **VERY IMPORTANT! Make sure your parent or guardian signs your Rental form or permission form.**

Remember – We need all this information so that we can have your equipment ready for you before you arrive – You want to be on the mountain having fun, not waiting around at the Rental Shop all day.