



Loving Winter is a new non-for-profit. Our mission is to share the love for winter through education, art, and sport. Our directors are: John Leslie, 2x Paralympic snowboarder; Scott Bailey, level 4 ski instructor, creator of the Ski, Skate & Slide program, and grade school teacher, Calvin Valko; previously a member of the Manitoba Freestyle Ski Team and now established artist in Vancouver.

Purpose

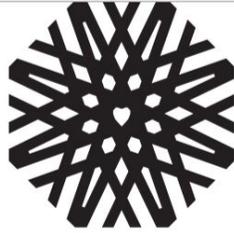
To fall in love with winter by increasing the student's confidence before engaging in winter activities. The goal is to educate students and teachers on equipment and best practices. We will introduce students and teachers on "dryland" drills they can do with or without external resources.

Staffing

The staffing goal for this program is to have the school leading, with two staff members (teachers) at each session. They will be supported by different experts (i.e. yoga instructors, snowboard instructors, education professionals, athlete) throughout the week.

Curriculum Objectives

- Providing Safety/ Best Practices Education
- Access to new equipment (Riglet Program, Snowboard/Ski Addiction, Ski Skate & Slide, Yoga instructor)
- Monitoring Class Engagement
- Promoting movement and flexibility
- Education "take aways" (teachers learn how to run the program and would only need access to equipment in the future. Its sustainable.)



LOVING WINTER

Varsity Acres School

9 Day Loving Winter Program

Delivered Dec 3 -18 2018, Calgary Alberta

Day 1: Equipment - Dec 3

<https://www.youtube.com/watch?v=jXU9oVQpmeg>

The goal of Day 1 is to simulate the 'Rental Shop' so that when the students attend their first ski trip, it isn't their first time seeing the equipment. We will have equipment ranging from snowboards, skis, boots, helmets, gloves, etc.. The main purpose is to get the students more familiar with the equipment.

Homework: Student to bring their own personal outerwear (i.e. jacket, snow pants, gloves, hats, etc.) as the next day they are going outside!

Day 2: Equipment (Outside) - Dec 4

The goal of Day 2 is to identify any gaps in the student's outerwear. If any missing gear is required Loving Winter will facilitate acquiring the required items.

Scott Bailey will be running an outdoor session in groups of 50 students (weather dependent) for 30min blocks. We are allocating 10min to put equipment on, 15min for a game, 5min to take the equipment off.



Day 3: Ski, Skate & Slide - Dec 5

<https://www.youtube.com/watch?v=noCOosU73yo>

[Ski, Skate, and Slide](#)

Day 3 will be lead by Scott Bailey on behalf of EverActive Schools, as this is the first day of “dryland” training it will be more of an intro session (i.e. basic balance and warm up drills). Sanctioned by EverActive Schools; <https://everactive.org/>

Day 4: Ski, Skate & Slide (Continued) - Dec 6

Day 4 will be a continuation of Day 3. Scott will leave a detailed lesson plan for the Varsity Acres staff members to follow. The session will focus more on the games (balance and agility based) and less on the warm-up.

Day 5: Yoga - Dec 10

Student will be lead through a yoga session by Elysa Morin. Elysa is a yoga instructor who specializes in child yoga and partner poses.



Day 6: Burton Riglet Program - Dec 11

<https://www.youtube.com/watch?v=cuAZ2J7wgo>

[Riglet Info](#)

We are thrilled to have Jared Anderson lead a Riglet session with the students. Borrowed Riglet Program from Alberta Snowboard, Jared donated time, Trevor (Lead Teacher) picked up and dropped off the equipment. No cost to School or Loving Winter.

Day 7: Burton Riglet Program Continued - Dec 12

Day 7 will continue on from the previous day with more Riglet programming.

Day 8: Snowboard Addiction - Dec 17

<https://www.youtube.com/watch?v=YrvUk7dbvq4>

[Snowboard Link](#)

[Ski Link](#)

John Leslie will deliver a Snowboard Addiction circuit. The purpose of these drills is to get the students comfortable taking the bindings on and off, maneuvering the ski/snowboard equipment on, and getting comfortable with the gear on.



Day 9: Snowboard Addiction - Dec 18

John Leslie will deliver Snowboard Addiction freestyle basics to the older students (Grade 4-6) along.

John Leslie will deliver EverActive Schools freestyle drills to younger students (Grade 3).

Testimonials

Teacher:

"I followed the loving winter plans for the three weeks leading up to our 3 day ski and snowboard with grades 4, 5 and 6 students .It was my first year doing any formal pre-teaching of ski and snowboard skills (other than the requisite safety and preparation assembly) and it was my eighth year involved with the trip. I must say, the students had never been more prepared, or achieved such success as they did this year.

From a teacher point of view, I am a lone physical education teacher to students kindergarten to grade 6, this was little extra work for me. John and Scott organized the equipment, the instructors and many of the activities we did in class. I personally benefited hugely watching these pros work with students and share their love for skiing and snowboarding.

In discussions with students while on hill, many felt more confident and prepared with what their instructors were asking of them. Students who were skiing or snowboarding for the first time were eager to try, and ready for some of the logistical challenges that skiing and snowboarding



presents. They also acknowledged feeling stronger and well balanced. I also heard students connecting the exercises and drills we did in class to what they were being asked to do on the slopes. Our students came in at various ability levels, from beginner to advanced. All were able to walk away with something they could apply once we were on the hill, many even switched sports as they were confident in one and inspired to try something new.

All in all it was a fantastic learning experience for both me and the students. It was no more work than I would regularly do in my daily planning and was received very well from our entire school community including: students, teachers, administration and parents. I highly recommend using the loving winter and ski, skate and slide resources and expertise.”

- Trevor Cassidy, Physical Education Teacher and Learning Leader, Varsity Acres School, Calgary Board of Education | school.cbe.ab.ca/school/varsityacres | 403-777-6090 | tbcassidy@cbe.ab.ca

Students:

I think that when you are doing this one (funnel), you can turn and like practicing your S turns. – Grade 4 student

When you practice the pizza it helps your foot feel more familiar with moving into the form. – Grade 4 student

It will help me make sure I am not cutting in front of anyone or hurting anyone. – Grade 3 student

It will help me balance on the bar thing, the rail. – Grade 3 student

It will help you with your snowplow. – Grade 4 student

It is going to help you with the terrain park because we learned jumps. – Grade 4 student

It helps you with your balance. – Grade 5 student



It helped us with our turns. – Grade 4 student

It trains you for it, it helps you learn how to turn and put on the boots for skis and snowboards. – Grade 4 student

It helps you to, in case you fall, like it warms you up so you don't get so hurt. – Grade 5 student

It makes you more confident when you are skiing or snowboarding. – Grade 5 student

It's good because it is good practice for when you are on the hill. – Grade 4 student

Because you have experience, you know what you need to do when you are on the hill, so it doesn't feel like your first time. – Grade 4 student

It can help improve your balance. – Grade 4 student

You won't fall as much. – Grade 4 student

When you turn you need to lift your leg a bit to do a good turn, in the gym we did the funnel exercise where we got to practice lifting our leg at each turn which helped. – Student grade 6

When you turn on skis, you need to really turn with your hips, and when we used the spooner boards and other equipment to help us balance it really helped with balancing on the ski hill. – Grade 6 student

On a snowboard you are always using an athletic stance when you are turning, and in the gym we practiced the athletic stance every time we stop. – Grade 6 student