Snowsports Addendum
# Table of Contents

- **Introduction** .................................................................................................................................................. 3
- **Snowsports Staff** ........................................................................................................................................... 3
- **Training Clinics** ............................................................................................................................................... 3
  - **Requirements** ............................................................................................................................................ 3
  - **Training Clinic Descriptions** .................................................................................................................. 4
    - **Off-snow** ................................................................................................................................................ 4
    - **On-Snow** ............................................................................................................................................... 4
  - **Example Scenarios and FAQ’s** ................................................................................................................... 6
- **Snowsports Programs** .................................................................................................................................... 7
  - **Descriptions** .............................................................................................................................................. 7
    - **Local Programs** ...................................................................................................................................... 7
    - **ISDB- Idaho School for the Deaf and Blind** ........................................................................................ 9
    - **Veteran Snowsports Camps** ............................................................................................................. 10
    - **Out of Town Guest Lessons** ............................................................................................................. 10
    - **Buddy Skiing** ....................................................................................................................................... 11
    - **Paralympic Youth Camp** .................................................................................................................. 11
    - **Nordic Lessons** ..................................................................................................................................... 11
  - **How to Sign up** .......................................................................................................................................... 12
- **Winter Lesson Standard Operating Procedures** .......................................................................................... 13
- **Lesson Expectations** ................................................................................................................................... 13
  - **Pre-lesson Expectations** ....................................................................................................................... 13
    - **During the Lesson:** ................................................................................................................................ 13
  - **Post Lesson Expectations:** ................................................................................................................... 14
- **Safety** .............................................................................................................................................................. 14
- **Calendar Schedule** ...................................................................................................................................... 15
**Introduction**
Higher Ground is the sole concessionaire of adaptive snowsports to Sun Valley. As such, we provide lessons and programming to anyone visiting or locally with disabilities. The Higher Ground Snowsports School aligns itself with the Professional Ski Instructors of America (PSIA) Standards.

**Snowsports Staff**
Who you will see most during the winter season

- Jeff Burley, Director of Adaptive Snowsports
- Mya Magney, Adaptive Sports Program Manager
- Kayla Pedrolini, Youth Recreation Program Manager
- Elyse Smidinger, Volunteer Coordinator & Your go to person

These four people pretty much live at Dollar and River Run during the winter months. The following people you will see spuritacly.

- Mose Duchano, Recreation Program Manager
- Military Program Staff- Alaina Wilson, Dooley, Justin Rujawitz
- Cara Barrett- Director of Recreation Programs – Lead on Nordic

**Training Clinics**
Higher Ground requires on and off snow training sessions to instruct. The purpose of training for the winter season is to give the best possible instruction to HG Participants by transmitting a uniform message to each participant. As an instructor, HG expects volunteers to attend the appropriate training for the level and/or area of instruction interested in teaching for the season. Higher Ground has the right to assign you the level of instructor deemed fit.

**Requirements**
Requirements for a new volunteer:

- Attend New Volunteer Orientation at Office
- Attend New Volunteer Instructor Training On-Snow

Requirements for a Returning Volunteer

- Sign paperwork at Paperwork and Potluck Party
- Attend appropriate on-snow training clinic
Training Clinic Descriptions

**Off-snow**

**New Volunteer Orientation**

This clinic will cover the basics of participating in HG winter programs as an instructor or volunteer. Day to day logistics will be covered including lesson format, paperwork, safety, and expectations. This clinic will also provide a brief overview of common disabilities one can expect to work with at Higher Ground.

*Dates offered:* November 9 from 10-11 am, November 12 from 5:30-6:30 pm at the office

**Paperwork & Potluck (Returning Volunteers)**

Not a clinic, but a great time to come together before diving into the winter season. Returning volunteers will fill out required paperwork during this time.

*Date offered:* November 20 from 5-7 pm at the office

**Etiquette to Serving Veterans**

This educational clinic will dive deeper into working with veterans with “invisible injuries”.

*Date offered:* TBA

**Behavioral Training**

This clinic will provide an overview of the common disabilities one can expect to work with at Higher Ground as well as tools to implement while on lessons.

*Date offered:* TBA

**American Sign Language Classes**

ISDB teacher Jodie Hamilton and HG staff member Kirstin Webster will lead this hands on 3-week class. Expect to cover the basics of deaf culture, safety, and ski terminology.

*Dates offered:* January TBD

**On-Snow**

**Adaptive Lead and Assist Instructor Training**

This four-day adaptive training is geared toward the intermediate and advanced level instruction. Each day will cover a different adaptive topic including stand-up adaptive, 3-/4-track, mono-/bi-ski, and ski-bike.

*Dates offered:* December 9-12 at River Run
Alpine Lead Instructor Training

This training option is geared toward those instructors who want to give lessons to mainly able-bodied participants who are stand-up skiing. This training will have a heavy focus on progressions at the beginner, intermediate, and advanced level. It will also include personal ski technique.

Dates offered: December 6-8 at River Run

Snowboard Lead Instructor Training

The snowboard training is for the intermediate and advanced level snowboarder leading beginner through advanced level lessons. This three-day training will be led by Tim Ball and will cover progressions, technique, and equipment.

Dates offered: December 6-8 at River Run

Alpine Assistant Instructor Training (2 days)

The assistant's role is mighty! One minute you may be asked to keep an eye on the participants' water level or socialize with the participant, the next moment asked to perform the perfect demo! This training will aid you in that perfect demo as well as the tools necessary to be a great assist.

December 14-15 at Dollar

Snowboard Assistant Instructor Training (3 days)

The snowboard clinic is geared toward the beginner and intermediate snowboarder leading and assisting boarders at the beginning and intermediate level.

December 10-12 at River Run

Visual Impairment and Deaf/Hard of Hearing Instructor Training (3 days)

This is a new training! If you are interested in skiing/boarding with people who have visual impairments and/or are deaf/hard of hearing (HH), come out and learn the basics. This clinic will provide you with the tools you need to effectively guide and teach skiers/boarders who have impaired sight and hearing. Be prepared to ski/board without the use of your own sight, turn off your own voice at times, and guide your friends.

December 13-15 at River Run

Continuous Training & Learning Opportunities Throughout the Season:

- Attend Morning Training Sessions
  - Offered the days of Veteran Camps and Weekend Mornings on subjects related to the lessons that day
Shadow a Lesson
  - Are you interested in instructing a specific type of lesson for example tethering or a ski-bike? Make sure to let Elyse know and she’ll pair you on those specific lessons.

PSIA Certifications

Example Scenarios and FAQ’s

I am a new volunteer. What do I do?
As a new volunteer, you will attend several trainings. You will start with the new volunteer orientation. Then attend a New Volunteer Instructor Training On-snow. Based on your interests and level of ski/board, you can attend a lead training as well.

I am a returning volunteer but only want to assist. What do I do?
Please attend one of the Assistant Instructor Trainings for both days. We have created a specific curriculum to enhance your skills.

I only want to volunteer with Alpine & Nordic Team, do I need to attend training? If so, which one?
If you are a new volunteer, please attend the new volunteer training. If you are a returning volunteer, it is strongly encouraged that you attend an on-snow training. The behavioral training off-snow is a great training session as well.

I am a returning lead instructor who has mainly worked with able-bodied, stand up skiers. I am interested in leading or assisting with some of the adaptive equipment? What do I do?
Great, you have a couple options! You can attend the three-day Alpine Instructor training AND come to the specific one-day adaptive equipment training.
Another option, is to attend the four-day Adaptive Training and learn about leading and assisting in several areas.

Why are returning volunteer trainings longer than new volunteer trainings?
New volunteers can attend any of the on-snow volunteer trainings. The initial training is only 1 day to provide a brief overview of all the types of lessons we give and adaptive equipment we use so that new volunteers have the opportunity to 1) see all that HG does and 2) figure out their interests and where they’d like to spend their time.
As you continue to volunteer and donate your time year after year, HG wants you to continue learning and providing the most up-to-date student centered methods of teaching as well as expand on your arsenal of teaching tools and skill set.
Snowsports Programs

Higher Ground serves many populations and over the past twenty years has built up a plethora of programs to serve these populations. Below is a list of programs Higher Ground offers, followed by a description and schedule.

- Local Programs:
  - Individual Lessons
  - Sessions
  - Big Mountain Team
  - Snowsports Teams
  - Ski School Days
- Idaho School for the Deaf and Blind
- Veteran Snowsports Camps
- Out of Town Guest Lessons
- Buddy Skiing
- Paralympic Youth Camp
- Nordic

Descriptions

Local Programs

Individual Lessons

Higher Ground provides one-on-one lessons to kids, teens, adults, and veterans with cognitive and physical disabilities. These lessons are requested by participants in the valley most often around the holiday seasons.

Sessions

The most utilized program by kids, teens, and adults in the Valley and greatest need for instructors. Sessions consist of three half day individual lessons (2.5 hours) over the course of a month and run on Saturday and Sunday.

Session 1: Saturday, January 4, 11, 25 Sunday, January 5, 12, 26
Session 2: Saturday, February 1, 8, 22 Sunday, February 2, 9, 23
Session 3: Saturday, February 29, March 7, 14 Sunday, March 1, 8, 15

Morning Lesson: 10:00 AM - 12:30 PM
Afternoon Lessons: 1:30 PM - 4:00 PM
**Big Mountain Team**

This program is intended for children and teens to progress their socialization and ski skills on Baldy. These participants are speedy so the instructors for this program are by invite only. If you are interested in shredding Bald Mountain with these speedsters, please let Elyse know.

Dates announced upon invitation.

**Ski School Days**

Every year different grade levels from schools in the Wood River Valley have ski days. Students in those grade levels with disabilities often require one-on-one focus. That’s where volunteer instructors come in.

Dates TBA

**HG Snowsports Teams: Alpine and Nordic**

This team program, formerly known as Special Olympics practice is for individuals with cognitive disabilities to come to socialize while improving specific skills. The alpine team practices gate at Dollar while the Nordic Team enhances their cardiovascular endurance.

HG Alpine Team:
Younger Group (8 years old through middle school)- *Wednesday, Jan 15 – March 11 from 1:30-4:00 pm*

Older Group (High School and older)- *Friday, Jan 17 – March 13 from 1:30 – 4:00 pm*

HG Nordic & Snowshoe Team:

Saturday, January 18 – March 14 from 9:00 – 11:30 AM *Snow Permitting @ Quigley Canyon in Hailey*
ISDB- Idaho School for the Deaf and Blind

Students from ISDB in Gooding, ID come several times throughout the season to ski. Different groups of students come for different lengths of time.

Adventure Club: Students who are deaf, hard of hearing, and/or have multiple disabilities come to ski/board twice a season for three days at a time. Students split the day between skiing/boarding at Dollar and another activity like swimming, rock climbing, or snowshoeing at Galena.

*Friday-Saturday, January 24 – 26*

*Friday- Saturday, March 6 – 8*

Mini Adventure Club: A younger group of students who are deaf, hard of hearing, and/or have multiple disabilities who comes to ski/board once a year for two days and also splits the day between skiing/boarding and another activity.

*Tuesday-Wednesday, March 3 – 4*

Blind/VI Ski Club: New this year, a group of students with who are Blind/Visually Impaired and may have other disabilities will be coming to ski for three days. This group splits the day with 2.5 hours skiing/boarding and the other half the day participating in another activity.

*Friday-Sunday, February 7-9*

ISDB Ski School Days: Six different classes of any age and skill level come to ski for half a day. Often times there is overlap in students from these classes with students from the Adventure Clubs.

*Monday, Tuesday, Wednesday, February 10, 11, 12 and March 16, 17, 18*
**Veteran Snowsports Camps**

Over the past 20 years, Higher Ground has developed and finely tuned a week-long program for Veterans. The program serves men and women of the armed forces with Traumatic Brain Injuries, Post Traumatic Stress Disorder, Military Sexual Trauma, and Polytrauma. HG includes the veteran’s supporter to attend the week.

There are 14 week-long programs in Sun Valley, 5 of which occur in the winter. Four of the five Snowsports programs include alpine ski/board, sled hockey, and Nordic skiing. New this year is a week based around biathlon.

**Snowsports**

*Monday- Friday, December 16 - 20*

*Monday- Friday, January 6 - 10*

*Monday- Friday, January 20 - 24*

*Monday- Friday, February 3 - 7*

**Biathlon**

*Monday-Friday, March 9-13*

**Out of Town Guest Lessons**

Anyone visiting Sun Valley and looking for an adaptive lesson requests a lesson online. Once schedule, HG schedules instructor. High capacity of lessons during holiday seasons. Always looking for volunteers to lead and assist with these lessons. Please let Elyse know availability.
**Buddy Skiing**
People with disabilities who know how to ski and don’t need instruction but do need someone to be with them on the mountain. People who need a buddy skier request through Higher Ground. Ski passes and reward tickets provided by HG for these.

**Paralympic Youth Camp**
This camp is geared toward people in the surrounding states of Idaho with physical disabilities. It is an opportunity for kids and teens to get together and shred. Instructors and volunteers by invite. If interested in volunteering for this program, please let Elyse know directly.

**Nordic Lessons**
Higher Ground offers Nordic lessons during HG Nordic Team Practice, Veterans Camps, one-on-one lessons, and new this year, a Nordic Session. Following the format of alpine ski/board lessons, Nordic sessions will occur once a week for three weeks.

Dates TBA
How to Sign up

Volunteer Opportunities are sent out via email with registration links to different programs. You can also visit www.highergroundusa.org and go to the volunteer section via Get Involved. From there, you will click on Returning Volunteers. This takes you to a new page. Enter your log-in information or create an account if you are a new volunteer.

Please note, there are three tabs for volunteers:

1. Volunteer Training
2. Volunteer Recreation Programs
3. Volunteer Military Programs

*If you cannot see all three tabs, click and hold the right arrow.

Scroll through the programs or tabs to find the program. Click “Sign Up Now” and then Enroll.

For programs that are multiple weeks, i.e. Alpine Team, we understand 8 weeks is a long commitment. Please let us know the days you can make it. You can choose those days. Not all multiple day programs have this option in order to build a bond between you and the participant.

1. Find Program
2. Click “Sign Up Now”
3. Click on the dates that you can attend. Once clicked on, the box will be highlighted blue. In the picture to the right, you will be able to attend 1/15, 1/29, and 2/5 and not able to attend 1/22.
4. Click “Enroll”
Winter Lesson Standard Operating Procedures
The first step is to register to volunteer for programs. Once registered you will immediately, receive an automated email with the details. 48 hours before the program begins you will receive an email or text (set up in your “Profile”). Depending on the program, you may receive a direct email from Elyse. Occasionally, we have more volunteers than needed for effective lessons and will need to decline offers.

Lesson Expectations

Pre-lesson Expectations

- Please arrive at the scheduled time listed for the lesson.
- If the lesson is at Dollar:
  - volunteers and instructors must park at the pavilion lot (dirt lot across from the SV ice rink). Shuttles run every 10 minutes.
  - Meet downstairs in the Lunch Room to the left of the bottom of the stairs (Veteran Week-long Camps meet in cafeteria)
  - Receive a lift ticket if needed (Veteran Week-long Camps receive tickets from Gary Vinagre, upstairs in cafeteria)
  - Checkout a jacket from the fleet if needed
- If the lesson is at River Run:
  - Meet in the Gondola Room located in the River Run Lodge. When in this room, you can see the Gondola.
  - Receive a lift ticket from the program lead if needed.
  - Several Blue Jackets are located at River Run upstairs behind the ski school desk. Please fold jackets upon return, it is a tight space that we’d like to keep organized.
- Review previous progress forms for participant
- If applicable, sign out equipment in the equipment binder.

During the Lesson:

- HG staff will do our best to get this information completed; however, if the client is a walk-in or there is no information on your client, please sit down with the client and/or parent and get all the pertinent information completed on the form as well as the waivers signed electronically.
- Introduce yourself and make your client feel comfortable and excited about their lesson.
- Be sure to gather all necessary contact information from the client’s parent/guardian if applicable; set up where you will meet at the lesson’s close, and emphasize the importance of timeliness. Let the parents know if you have a lesson immediately following.
- Make sure the parents/guardians understand that HG employees and affiliates are not able to administer any medication. If the participant needs to carry the medication with him/her, it must stay on the person if at all possible.
• It is important to make sure the client is properly outfitted for the lesson, including warm layers, gloves, goggles, and helmet.
• Be sure to have your cell phone powered on, charged, and accessible during your lesson.
• Before heading on snow, ask if the client has eaten? Hydrated? Taken meds?

Post Lesson Expectations:
• If the client is under 18 years of age, stay with him/her until the parent/guardian arrives.
• Lead instructor fill out progress form in their folder so that the next instructor will know what you worked on, what equipment was used, which runs they skied/boarded, etc.
• Please return all equipment back where it belongs and ALWAYS daisy chain the tethers so they do not get tangled.
• Please return jacket to fleet.
  Please take ALL your equipment and gear with you after the lesson.

Safety

Helmets and wrist guards:
All HG instructors and students are required to wear buckled helmets while on lessons or in training clinics.
All HG snowboard students new or beginner level students are required to wear wrist guards.
Individuals with medical concerns that may be exacerbated by wearing a helmet or wrist guards (Snowboarders) must present to the program a doctor’s note supporting their choice to not wear these items.

In the case of an accident on the mountain, or in the ski lodge:
• Call Sun Valley Ski Patrol: (208) 622-6262 first, then notify the HG program lead, person at Dollar Desk, or HG office.
• Following any accident, regardless of severity, please complete an Incident Report Form, in addition to calling and informing HG staff member (if not present at time of accident)
• We are not authorized to administer any medication
## Calendar Schedule

### December 2019

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td><strong>NIT @ RR</strong></td>
</tr>
<tr>
<td><strong>Alpine LIT</strong></td>
<td><strong>Adaptive Training—Leads and Assists @ RR Advanced</strong></td>
<td><strong>Snowboard LIT &amp; AIT Beginner and Intermediate @ RR</strong></td>
<td><strong>13 Dollar Opens</strong></td>
<td><strong>ISDB Training—Open to Ski &amp; SB</strong></td>
<td><strong>NIT @ RR</strong></td>
<td><strong>Alpine LIT Advanced @ RR</strong></td>
</tr>
<tr>
<td><strong>Snowboard LIT</strong></td>
<td><strong>NIT @ RR</strong></td>
<td><strong>Snowboard LIT &amp; AIT Beginner and Intermediate @ RR</strong></td>
<td><strong>19 Military Camp-Alpine</strong></td>
<td><strong>20 Peak Day Military Camp-Nordic</strong></td>
<td><strong>AIT @ Dollar</strong></td>
<td><strong>21 Peak Day</strong></td>
</tr>
<tr>
<td><strong>TSDB Training</strong></td>
<td><strong>Military Camp-Alpine</strong></td>
<td><strong>Military Camp-Alpine</strong></td>
<td><strong>Military Camp-Sled Hockey</strong></td>
<td><strong>25 Peak Day Christmas</strong></td>
<td><strong>26 Peak Day</strong></td>
<td><strong>27 Peak Day</strong></td>
</tr>
<tr>
<td><strong>22 Peak Day</strong></td>
<td><strong>23 Peak Day</strong></td>
<td><strong>24 Peak Day Christmas Eve</strong></td>
<td><strong>25 Peak Day Christmas</strong></td>
<td><strong>26 Peak Day</strong></td>
<td><strong>27 Peak Day</strong></td>
<td><strong>28 Peak Day</strong></td>
</tr>
<tr>
<td><strong>29 Peak Day</strong></td>
<td><strong>30 Peak Day</strong></td>
<td><strong>31 Peak Day</strong></td>
<td></td>
<td></td>
<td><strong>Adaptive Topics</strong></td>
<td><strong>9. Standup Adaptive</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><strong>10. 3/4 track</strong></td>
<td><strong>11. Mono/bi</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><strong>12. Ski bike??</strong></td>
<td></td>
</tr>
</tbody>
</table>
# January 2020

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 Peak Day</td>
<td>2 Peak Day</td>
<td>3 Peak Day</td>
<td>4 Session 1</td>
</tr>
<tr>
<td>5 Session 1</td>
<td>6 Military Camp-Alpine</td>
<td>7 Military Camp-Alpine</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8 PYC Military Camp-Sled Hockey</td>
<td>9 PYC Military Camp-Alpine</td>
<td>10 PYC Military Camp-Nordic</td>
<td></td>
<td></td>
<td></td>
<td>11 Session 1</td>
</tr>
<tr>
<td>12 Session 1</td>
<td>13</td>
<td>14</td>
<td>15 Special Olympics-Alpine</td>
<td>16</td>
<td>17 Special Olympics-Alpine</td>
<td>18 Peak Day Special Olympics-Nordic</td>
</tr>
<tr>
<td>26 Session 1 ISDB AC</td>
<td>27</td>
<td>28</td>
<td>29 Special Olympics-Alpine</td>
<td>30</td>
<td>31 Special Olympics-Alpine</td>
<td></td>
</tr>
</tbody>
</table>
# February 2020

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 Session 2 Special Olympics-Nordic</td>
</tr>
<tr>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>Session 2</td>
<td>Military Camp-Alpine</td>
<td>Military Camp-Alpine</td>
<td>Special Olympics-Alpine</td>
<td>Military Camp-Alpine</td>
<td>Special Olympics-Alpine</td>
<td>Session 2 ISDB Blind Special Olympics-Nordic</td>
</tr>
<tr>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td>Session 2 ISDB Blind</td>
<td>ISDB Ski School</td>
<td>ISDB Ski School</td>
<td>Special Olympics-Alpine ISDB Ski School</td>
<td></td>
<td>Special Olympics-Alpine</td>
<td>Peak Days Special Olympics-Nordic</td>
</tr>
<tr>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
</tr>
<tr>
<td>Peak Day President’s Day</td>
<td>Peak Day</td>
<td>Peak Day</td>
<td>Peak Day Special Olympics-Alpine</td>
<td>Peak Day Special Olympics-Alpine</td>
<td>Peak Day Special Olympics-Alpine</td>
<td>Session 2 Special Olympics-Nordic</td>
</tr>
<tr>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
</tr>
<tr>
<td>Session 2</td>
<td></td>
<td></td>
<td>Special Olympics-Alpine</td>
<td></td>
<td>Special Olympics-Alpine</td>
<td>Session 3 Special Olympics-Nordic</td>
</tr>
</tbody>
</table>
# March 2020

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Session 3</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>ISDB Mini</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td><strong>Special Olympics-Alpine</strong></td>
<td><strong>ISDB Mini</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td><strong>Special Olympics-Alpine</strong></td>
<td><strong>ISDB AC</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td><strong>ISDB AC</strong></td>
<td><strong>Special Olympics-Nordic</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td><strong>Session 3</strong></td>
<td><strong>ISDB AC</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Military Camp-Biathl</strong></td>
<td><strong>Military Camp-Biathl</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td><strong>Special Olympics-Alpine</strong></td>
<td><strong>Military Camp-Biathl</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td><strong>Special Olympics-Alpine</strong></td>
<td><strong>Military Camp-Biathl</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td><strong>Session 3</strong></td>
<td><strong>Military Camp-Biathl</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td><strong>Session 3</strong></td>
<td><strong>ISDB Ski School</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td><strong>ISDB Ski School</strong></td>
<td><strong>ISDB Ski School</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td><strong>ISDB Ski School</strong></td>
<td><strong>ISDB Ski School</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td><strong>ISDB Ski School</strong></td>
<td><strong>ISDB Ski School</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23</td>
<td><strong>Spring Break!</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>