



Snowsports THE WORD

Winter 20-21' | Issue 3 | Sept. 25, 2020

Changing Seasons!



The temperatures are dropping and the days are getting shorter! Last season our first snowfall to make its way into the base area was on [9/27/19](#). Therefore, it is time to see who will hold the title of snow predictor this season...

Let us know your best guess for first snow to coat the base area at:

Spschoolstaff@vailresorts.com

Returning Staff!

Keep an eye on your emails next week as we will be reaching out with details on our Happy hour event that is set to take place from the comfort of your home October 6th!

**** This event is a voluntary opportunity to catch up and address some of your questions****

Did you know?...

We have an EpicPromise Employee Foundation?

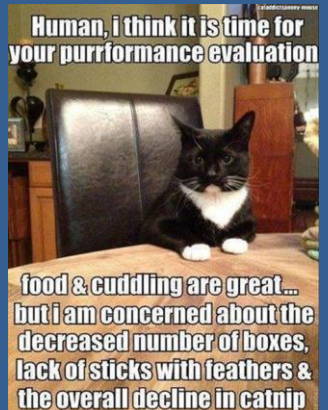
This foundation was created by employees, for employees. Some of the way's donations benefited employees includes: Substantial relief for ill and injured coworkers. Safe passage home to families during COVID-19, support to the educational dreams of employees' children and the educational ambitions of our coworkers.

Check out what has been awarded through the foundation this year.



For full details visit: <http://www.epicpromise.com/>

19/20 Evaluations



Evaluations have now been sent to all Staff who worked last winter! Again, thank you for your patience as we worked to complete these following the abrupt end to last season. As a reminder if you would like to discuss your evaluation further or have any questions please reach out via email to SPSchoolStaff.

KEY DATES:

- **October 6th**- Returning Staff Happy hour 7pm-8pm, **save the date!**
- **December 4th**- Scheduled Opening Day!!

Let's Get Physical

It is time to start working towards your winter goals!

Whether your goals include skiing waist deep pow, throwing 540's over a kicker, or being able to ski with your friends and family all day long, you will need some amount of fitness to help get you ready for the season.

Below we have a few resources and ideas to get you started...



REI Expert Advice - REI has compiled many videos on skiing and snowboarding for beginners to advanced lessons and how to's.



Check out these articles and videos:

- ["How to Train for Skiing"](#)
- ["How to Train for Snowboarding"](#)

SKIRAD app- a phone app designed by a Physical Therapist at Whistler Mt. This app has it all including, a fit for snow assessment, exercises, pre snow warmup, post snow recovery, and much more.



PSIA/AASI Fitness for Skiing and Snowboarding- free online for members [Here!](#)

- **Rather Access this by phone?**- Find PSIA-AASI's "Snow Pro Library" app (available for Apple, Android, and Kindle Fire users) by searching for "PSIA," "AASI," or "Snow Pro Library" in the appropriate app store.

