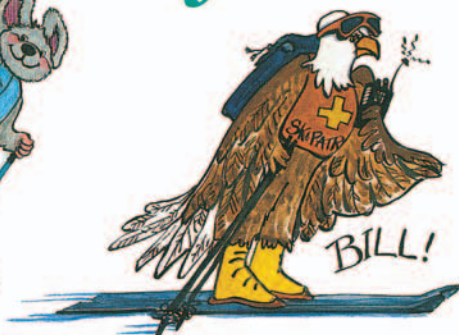


ADVENTURE SKI & SNOWBOARD CAMP JOURNAL



SMUGGLERS' NOTCH
V • E • R • M • O • N • T
America's Family Resort



The Peter Ingvaldstad Ski Learning Center

Welcome to Smugglers' Notch!

Use this journal to record all of your fun adventures during your vacation.

Name: _____

Dates of my vacation: _____

My ski learning guide is: _____

I stayed at: _____

Home address: _____

Home telephone number: _____

What level skier/snowboarder are you?

Beginner Terrain Skier:

Have you ever skied before?

No Level 1

Once or twice? Level 2

Do you ski in a wedge?

Yes, but not all the time Level 3

Yes, but my skis become parallel

during the turn Level 4

Intermediate Terrain Skier:

Do you ski parallel?

Yes, but not all the time Level 5

Yes, all the time, non-aggressive ... Level 6

Yes, all the time, aggressive Level 7

Advanced Terrain Skier:

Are you a non-aggressive skier? Level 8

Are you an aggressive skier? Level 9

Beginner Terrain Snowboarder:

Have you ever snowboarded before?

NoLevel 1

Once or twice?Level 2

Turn in one direction and sideslip?

Yes, but not all the timeLevel 3

Turn both directions on a snowboard?

YesLevel 4

Intermediate Terrain Snowboarder:

Do you link turns on a snowboard?

Yes, but not all the timeLevel 5

Yes, all the time, non-aggressive ...Level 6

Yes, all the time, aggressiveLevel 7

Advanced Terrain Snowboarder:

Are you a non-aggressive snowboarder?

.....Level 8

Are you an aggressive snowboarder?

.....Level 9

Day & Date: _____

Today I _____ Skied or _____ Snowboarded. Check one.

Record the weather...circle one or more:
sunny cloudy overcast rainy snowy
windy blizzard cold very cold warm

Turn to Channel 9 on your T.V. for today's
temperature: _____° C or _____° F

Record your Ski/Snowboard Data below
using your Kids' Trail Map as a guide.
What lift(s) did you ride?



How many times? _____

On the back of your Kids' Trail Map check off each trail
you skied or snowboarded and how many times.

What ability skier or snowboarder are you? See page 1.

What would you like to learn in your ski or snowboard
classes at Smugglers' Notch? _____

Day & Date: _____

Today I ____ Skied or ____ Snowboarded. Check one.

Record the weather...circle one or more:
sunny cloudy overcast rainy snowy
windy blizzard cold very cold warm



KING BILLY-BOB
THE WISE

Turn to Channel 9 on your T.V. for today's
temperature: _____° C or _____° F

Record your Ski/Snowboard Data below
using your Kids' Trail Map as a guide.
What lift(s) did you ride?

How many times? _____

On the back of your Kids' Trail Map check off each trail
you skied or snowboarded and how many times.

If you played games in your class, what did you learn in
the games? _____

What did you like best about class today? _____

Can you list all your classmate's names? _____

Day & Date: _____

Today I _____ Skied or _____ Snowboarded. Check one.

Record the weather...circle one or more:

sunny cloudy overcast rainy snowy
windy blizzard cold very cold warm

Turn to Channel 9 on your T.V. for today's
temperature: _____° C or _____° F

Record your Ski/Snowboard Data below
using your Kids' Trail Map as a guide.

What lift(s) did you ride?



How many times? _____

On the back of your Kids' Trail Map check off each trail
you skied or snowboarded and how many times.

What was the funniest thing that happened in class
today? _____

What was the funniest thing you did today? _____

Type of trail sign and color _____

Type of trail sign and color _____

Type of trail sign and color _____

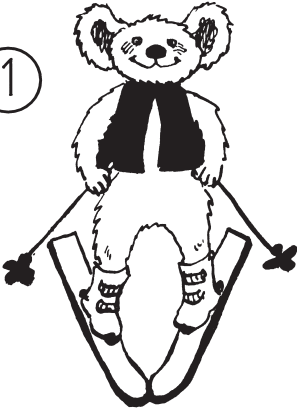
Can you help Mogul Mouse, Frostie & Sam
find the items they have lost?



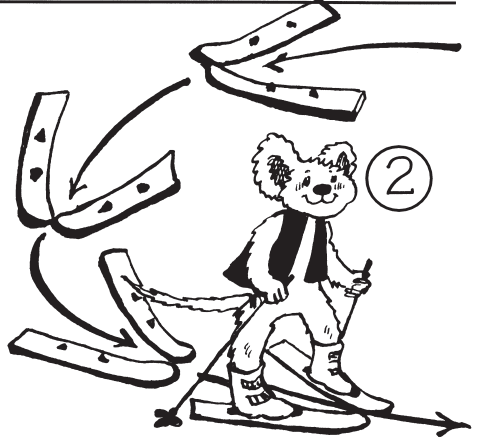
Ski • Ice Skate • Mitten • Ski Boot
Snowboard • Goggles • Snowman
Suitcase • Ice Cream Cone • Hat
Ski Pole • Sock • Glove • Sled

Match the Ski Progressions to the name.

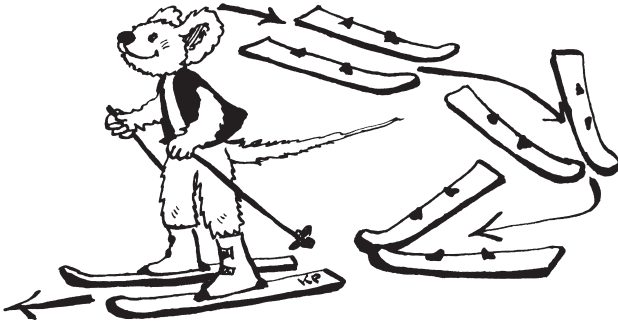
1



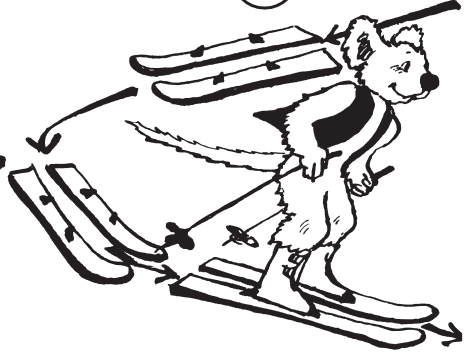
2



3



5



4



Open Parallel _____ Wedge Turn _____
Wedge _____ Wedge Christie _____
Parallel _____

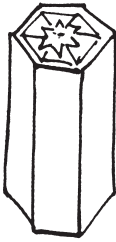
Snow Facts & Activities

Wilson "Snowflake" Bentley began photographing snowflakes at a young age. Using a camera and a microscope he took more than 5000 individual photographs during his lifetime. Below are six basic snowflake patterns.

Cold Weather Snowflakes:



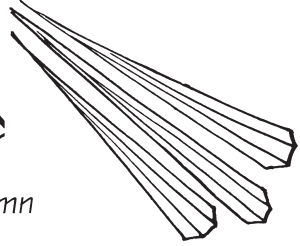
Hexagonal Plate



Hexagonal Column

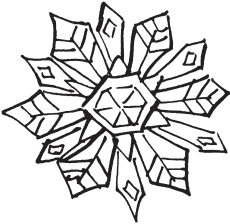


Capped Column



Six-sided Needles

Warm Weather Snowflakes:



Spatial Dendrite



Stellar Plate



Stellar Crystal

Try to catch as many snowflakes as you can. Below draw the shapes of the snowflakes you caught. Do any of them match the snowflakes above?

Animal Walking Patterns & Tracks

Animal Walking Patterns:

1. Diagonal walker with direct register (Cougar, Lynx)



2. Diagonal walker with indirect register (Deer, Moose)



3. Gallopers (Rabbits, Rodents)



4. Bounders (Weasels)



5. Straight Walkers (Fox, Coyote)



6. Pacers (Raccoon, Bear)



Animal Track Shapes:



Draw a line from the animal name to the correct track picture.

Jumping Mouse



Red Squirrel



Bobcat



Star-nosed Mole



Weasel



Raccoon



Beaver



Fisher



Snowshoe Hare



White-tail Deer



Porcupine



Blackbear



Coyote



Moose



Ski & Snowboard Word Search

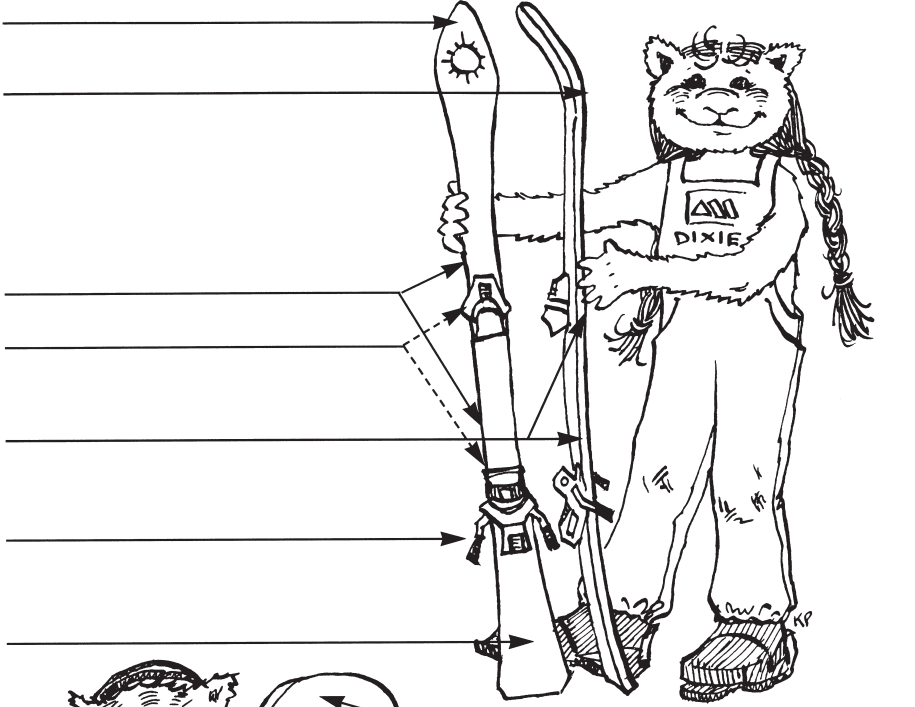
I T O O B L O V C A R V E D T U R N E I K S T O
 T S B R A K I N G W E D G E K S I D E S T E P I
 F P A R A L L E L T U R N L B I N D I N G S E E
 I O S L I D E E D I S L E E H F K N E E L H L I
 L L T P O W M O R S E E I K S E D I S N I O I X
 E E R C I L E S T E P A E L I I H I P S D W N I
 G P O L E S L D O V E S T E D N I R G T I T K D
 A L M I T T E N G O H H S V E C B S O E N I I K
 L A I S A M A D M E O V E E S O L K O R G M N T
 L N O P E N S T A N C B I L L N A I F L W E G A
 I T O E S I D E G T K H N U I D C L Y I E S T C
 V R E R I G H T I C E M R E P O K L A N D K U W
 E W P D M P R B C B Y A L I C U H G L G G I R O
 R E R O R E S L L I S D E J S K I S L M E D N L
 U D H I L A M U I L T O F Y B T W I A O S S S L
 T G L O G E O E F L O N T B A E I A A E V L U E
 N E G O P H T B T Y P N R A L U G E R T L E I Y
 E T R F C T T A W B U A L H A T V I L M O D V M
 V U E V E K U J P O S L I P N I F A M L E F T A
 D R E M E Y E R M B N A Y O C T U A C B E R T T
 A N N U C L A D N H T S I W E Y D N K A A C E C
 T R A V E R S E Y S I L O V E T O S K I T E Y H
 N E I I K S L L I H N W O D A N K L E R E I S A
 I M O G U L M O U S E F S E I T S O R F I E O H
 A E S U O M L U G O M E W I K S O T E V O L I N

Search for the words listed below. They can be horizontal, vertical or diagonal. Some could even be backwards!



- | | | | | |
|----------------|---------------|-----------|--------------|-------------|
| Ski | Parallel Turn | Right | Green | Glove |
| Boot | Hockey Stop | Left | Blue | Mitten |
| Poles | Traverse | Leash | Black | Neck Warmer |
| Binding | Linking Turns | Heelside | Morse | Mogul Mouse |
| Balance | Pole Plant | Toeside | Sterling | Billy Bob |
| Braking Wedge | Hop Turns | Goofy | Madonna | Sam |
| Carved Turn | Sidestep | Regular | Magic Lift | Bill |
| Wedge Christie | Sideslip | Grind | Village Lift | Dixie |
| Gliding Wedge | Inside Ski | Fakie | Adventure | Yellowcat |
| Wedge Turn | Downhill Ski | Snowboard | Hat | Frostie |

Label these equipment parts.



Answers: Leash Tip Edge Binding Tail Camber Binding Sidecut Shovel or Tip Waist Brake Tail