

# Alpine LEVEL 3 Training Courses

Courchevel

Meribel

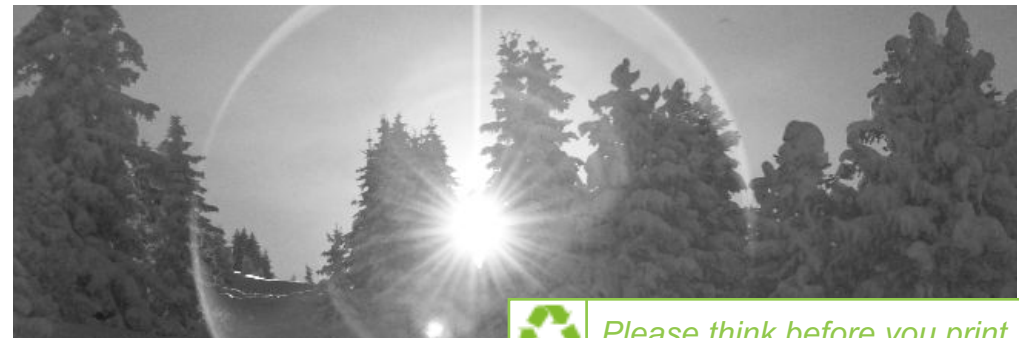
Val d'Isere

9th January - End March 2012

Courses run by:



Official BASI Training Centre



Please think before you print



## New Generation's Coaches

New Generation was set up by myself (Tom) and 3 British trainers (Warren, Ali and Richard) in 1998. Since then we have recruited some of the best British coaches to work alongside us and help to train the future personalities of British ski instruction. In 2009 we had over 15 BASI trainers and instructors working with New Generation. I guarantee that when you join one of our courses you will be trained by some of the best.



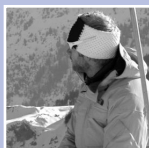
**Tom Saxlund**

ISTD (Level 4) and BASI Trainer, Managing Director and owner of New Generation. Ex-BASI Board Director. Co-author of the BASI Manual.



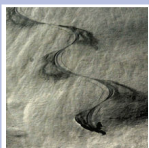
**Euan Wright**

ISTD (Level 4) and head New Generation coach, Ex-head coach at Interski (Italy). Seasons in Canada, Italy, & France.



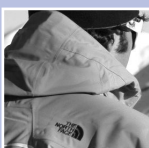
**Dave Morris**

ISTD (Level 4), BASI trainer, Level 4 Race Coach. Owner of Podium Ski. Seasons across the Alps!



**Blair Aitken**

ISTD (Level 4), BASI trainer, Autumn Race Coach with R21. Seasons in Meribel and Val d'Isere!



**Dave Meyer**

ISTD (Level 4) and instructor trainer for New Generation. Seasons in Scotland, France, NZ and Italy. Technical expert for Daily Mail Ski & Snowboard magazine.

....and we have loads more awesome trainers... Tess, Ant, John, Jimmy, Jon.....



## Unlock Your Potential

The New Generation Level 3 training course offers students the best opportunity and support for moving forwards in their career as a ski instructor.

Taking the step from Level 2 to Level 3 goes hand in hand with a shift in taking responsibility for your own progression and development. Our BASI trainers and Level 4's help you to achieve this, setting you and your peers up with the skills to train at a high level and achieve your goals.

In the last few years we have had very high pass rates from our students who took their Technical, Teaching and Mountain Safety exams, this wouldn't have been possible without the 100% commitment and determination of the students on the course.

## Dedicated Coaching

We believe that a major factor behind the satisfaction of our students is our approach to coaching. Our team of experienced instructors find that one of the most satisfying parts of their job is helping students succeed in their chosen career.

Aside from the formal training programme, you will find that there is always someone available to help you with anything from your own technical skiing to organising your lesson plans. Our goal is to give you the support you need to make you succeed.

## Taking care of your future

In joining New Generation you will have the opportunity to become part of our unique pathway to Level 4 and beyond.

On successful completion of the Level 3 selected students will have the opportunity to work and continue their training in our Verbier Ski School.

The final decision you will have to make on qualification will be which of the 9 Ski Schools you want to make your home. During your final year you will be given unlimited access to the different resort management teams who will be available to meet and talk through your future plans.



## Pre-requisites

Before applying, students must have successfully completed the BASI Alpine Level 2 Course.

## The Training Programme

The course consists of:

Structured training spread throughout the season.

180 hours on-snow training (Including Race Training)

Sessions generally take place every afternoon, Monday to Friday, although there will be occasions where sessions may take place in the morning.

Scheduled video feedback sessions throughout the course.

Each session will have a clear format e.g. the first 30 minutes will be presenting the outcome/task. The following 2 hours on performing the task with feedback and the remaining time will be taken up on summary/video/personal action plan and training.

All training will take place on the type of terrain used for technical exams.

Each student is given a coaching mentor who will monitor their progress and help the student to structure their practice time by regular debriefs and action plans.

## Teaching Hours

BASI requires that candidates must complete 200 hours of teaching before they attend the technical and teaching modules. These teaching hours can be completed either on snow or on a dry slope. The New Generation course has been structured around the peak season periods - thus allowing students time to teach during the holiday weeks. We operate a Recruitment Service with links to schools worldwide which can help you find employment and teaching placements.

# The 3 key elements of the Level 3 Training

The New Generation Level 3 Training Course is centered on helping our students develop a greater understanding of, and improving performance in the following three areas...

1. Technical Skiing (including Alpine Performance)
2. Off-Piste Mountain Safety
3. Teaching Skills and Techniques

## 1. Technical

The technical goal of the Level 3 training course is to improve performance in the Five Strands and ensure students are well prepared for the BASI Alpine Level 3 exams. The BASI Performance Criteria are used as a benchmark for all the sessions. This helps everyone understand exactly what they will be asked to do on the exams, and a clear developmental pathway to get you there.

### Piste Performance (High Speed)

1. Cleanly carved, flowing turns throughout the arc.
2. Demonstrate the ability to influence the shape of the turn
3. Maintain effective balance and posture.

### Piste Performance (Short Turns)

1. Grippy turns in a narrow corridor (2.5 metre min)
2. Demonstrate a high degree of ski performance
3. Maintain effective balance and posture.

### Variable/Steep

1. Rounded, flowing turns of varying radii.
2. Demonstrate a high degree of ski performance
3. Maintain effective posture and balance throughout.

### Bumps

1. A fall line descent (unless the task is varied)
2. Skiing at /above the minimum speed
3. Maintain effective balance and posture throughout.

### Race Training

Introduction to gates to assist in technical development





## 2. Off-Piste & Mountain Safety

This part of the course focuses on preparing the student for the BASI off-piste module. From ski technique to transceiver training, avalanche awareness to map reading, ski touring to steep off-piste skiing - the experienced New Generation off-piste trainer will cover all major areas in preparation for the exam.

*Note: It is recommended that you purchase a transceiver, shovel and probe - During BASI courses students are required to carry these items whenever skiing off piste and you may be turned away from certain training sessions if you are not properly equipped.*

## 3. Teaching Skills & Techniques

The teaching part of the Alpine Level 3 prep course is based on the newly revised BASI Syllabus and Manual. This is split into three sections, Understanding, Delivery and Safety. The NewGen preparation course covers all aspects to fully prepare you for BASI exam success.

The BASI Alpine Level 3 teaching course is the first teaching exam where you will be required to develop performance in your peers. This can be a daunting prospect for many. We will help you become comfortable with all the teaching content so you understand the theory and use it to deliver effective sessions.

### Understanding:

- Performance analysis
- The TIED learning & performance development model
- Understanding learning
- Learning preferences and styles
- Goal setting and learning
- Skill acquisition
- Teaching styles and the responsibility spectrum
- Structuring your sessions - task & structure of practice

### Delivery and Safety:

- The learning environment & climate setting
- Communication skills, reviewing & feedback
- Ski way code and FIS
- Group management
- Injury prevention
- Accident procedure

We will help you develop skier analysis and goal setting skills, and learn how to provide detailed individual action plans. Students will run mock teaching sessions for the group, as well as practicing delivering real sessions in a controlled environment, providing essential experience using the BASI teaching tools and developing performance with real Alpine Level 3 skiers.

## Course Dates and Fees (2012)

To book on the course we require a £500 non-refundable deposit. We will then provide a payment plan so you can pay the rest by instalments in 2011. To book your space please visit our on-line site:

Book On-line at <http://www.nextgentravel.com/instructorcourses/>

Course Fee £2195

Training will take place during the following dates:

Mon 9th Jan - End March 2012 (Courchevel, Méribel & Val d'Isere)

Breaks in training are taken through the course to allow students to work during the peak half-term weeks. New Generation has links with Inter-ski (Italy) through which students can find guaranteed jobs to earn money and gain valuable teaching hours. The end of the course is dependent on when BASI schedule the Mountain Safety Courses at the end of March (most students normally sign up on this course).

Please note that the Course does not include:

Accommodation & Food; Lift Pass; Transfers; BASI Exam Fees

However, if you need help with any of the above we are happy to put you in contact with the appropriate companies and fellow students.

## Contact us

Email: [instructorcourses@skinewgen.com](mailto:instructorcourses@skinewgen.com)  
Office: 0033 (0) 479 01 03 18 / 0844 484 3663 (From UK only)

Direct: Chris David 0044 (0) 752 1 162 724  
Euan Wright 0033 (0) 684 936 227





## Frequently Asked Questions

### Can I work during the course?

Yes, we often have students who take part time jobs at weekends or in the evenings. Examples of jobs available:

- Working in the New Gen Sales Team (*contact [matthew.cooke@skinewgen.com](mailto:matthew.cooke@skinewgen.com)*)
- Helping in peak weeks with New Gen Children's lessons (*not teaching*)
- Ski technician (*can be working through the night!*)
- Bar work (*although check the rota as sometimes you must work during the day!*)
- Transfer driver (*mainly weekends*)
- Cleaning (*good pay but a dirty job!*)

### What opportunities are there to build my teaching hours during the season?

Most of the students who sign up on the course will need teaching hours so we organise for you to work in Italy before/during (half-term) and after the course. It normally works well with students sharing lifts and accommodation.

### Will I be able to sign up on some of the BASI Alpine Level 3 Modules?

Yes. We normally find that there are a couple of key modules during the proposed course time so we build in flexibility to allow students to go off and do modules. It is important that you let us know when you are signing up which modules you are thinking of taking so we can co-ordinate with other members of the course. It will be more difficult if you let us know a day before you leave!

### How do I find accommodation?

Over the summer we create a list of accommodation available to rent which we make available to all our teams when they have signed up. We also put students in contact with each other (via email/facebook) so you can always find someone to share!

### Do I need a 3 Valley Lift Pass?

If you are on the Courchevel and Meribel course then we recommend that you buy a 3 Valley Pass. However, in the last couple of years there have been students who have bought a single Valley pass and then upgraded when required. Don't do this if you are not organised as it can be a hassle but, on the plus side, it could save you money!! If you are Val d'Isere then you need an Espace Killy pass.

## Terms and Conditions

1. The applicant must have fulfilled all of the course pre-requisites, we may ask for a self assessment questionnaire and that the delegates attend a selection day if deemed necessary.
2. The application will only be accepted and secured provided:
  - a. The application is accompanied by a minimum £500 non-refundable and non-transferable Initial Deposit.
  - b. The booking confirmation is signed and returned
  - c. The applicant accepts these terms and conditions of booking
  - d. The parental consent form is signed by a parent or guardian if the applicant is under 18
3. The remaining installment in respect of your LEVEL 3 Course must be received in full at the New Generation office by 1st October 2011 (unless otherwise arranged with New Generation).
4. All changes to bookings must be received in writing, by fax, email or letter.
5. All students must be insured for their Level 3 course.
6. Cancellation – in the event of cancellation by the student neither the deposit or and subsequent installments paid are refundable or transferable.
7. The Level 3 Course requires a minimum of 5 students to run for the full course duration. In the event that we have less than 5 students we will notify you to confirm the revised course duration.
8. New Generation strongly recommends that all members embarking upon New Generation courses take appropriate insurance which covers both cancellation and curtailment.
9. New Generation will refund appropriate monies if the decision is made by New Generation to cancel all or part of the Training Course.
10. No monies will be refunded by New Generation in the event of an injury sustained whilst participating in the Level 3 course, where injury leads to curtailment of the course; in this instance it is necessary to make an insurance claim.
11. If the venue of the course is adversely affected by snow, weather or any other circumstances, New Generation reserves the right to cancel the course or alter the venue without prior notice or warning.
12. New Generation reserves the right to refuse training to any applicant who, in the opinion of New Generation is unsuitable for Snowsport Instructor training.
13. Any student found under the influence of alcohol or drugs during course contact time will be removed from the course with no refund.
14. In the event that an applicant is refused training or removed from the course on the basis of paragraph 13 and/or 15 no monies will be refunded.
15. New Generation expects all students to behave in a professional manner at all times. Any student who behaves in a way which may cause damage to New Generation or its reputation shall be removed from the course.
15. You agree that except for death or personal injury arising through the negligence of New Generation, New Generation shall not be liable for any loss or damage arising whether in respect of death, bodily injury, and illness suffered or contracted, loss, costs, damages or expenses incurred.
16. It is the individual student's responsibility to ensure that all accommodation, transport and any other facilities provided by New Generation or their employees or agents, are treated with respect and consideration.
17. New Generation will not be responsible for any damage caused by a student or students. Students will be held liable for any costs incurred in such a way and will agree to settle any costs immediately.
18. As an applicant for a New Generation Level 3 course, whether applying by telephone, fax, email or letter you acknowledge and agree that these terms and conditions shall apply to your application/participation in the course.