



WHAT DO I NEED TO KNOW, and WHAT DO I NEED TO DO TO GET READY?

Because Life Alignment Through Sport®, Leadership In The Fall Line® programs are highly active we want you to be aware of and familiar with the following:

How good a skier do I really need to be?

We've seen that passion and enjoyment of the sport are more important than ability. Participants at every level from beginner to expert have been positively and dynamically impacted by this experience. Too, each and every participant we've had has dramatically improved their awareness and effectiveness as a leader, as well as their ramping up their skiing performance exponentially.

The participant coaching ratio is 3:1. How are groups or teams formed?

Groups of 6 persons or less are formed for maximum learning. This grouping process will typically be done by skill level and/or the goal definition you have. Each group is led by 2 coaches, one for skiing, and one for leadership insight. So, if we have 12 participants in a session we function on mountain with two groups of no more than 6 participants each. In all *off* slope sessions, breakfast, lunch, après-ski, and dinner we spend our time as a total group. When the groups come back together, the learning application becomes exponential. Please contact us with any questions you may have about skill level issues, or group process.

Goals

You will be asked to arrive with a leadership goal and a skiing goal in mind. Having stated specific goals greatly assist the faculty, and participants, to support you in achieving your goals. We invite you to slow down a moment, ponder, and *feel* the answers to goals questions. Your answers to these questions will guide you through an intense and fun, 4 days of learning! Areas of focus exploration about:

1. The personal change or learning that would help me maximize my effectiveness as a leader.
2. The shift in personal behavior that could make to have the most impact on the performance of my organization.
3. What I could do differently to maximize the performance of my team.
4. The ways in which I want my skiing skill or experience to improve?
5. That "I ski for fun, I don't want to ruin it by thinking about work!"

Our goal is to show you how the same passion you have for skiing can, and should be, taken back to your work!

My Gear

For participants in our Canadian Heli-Skiing programs, special powder skis will be provided. Poles are also available.

For our Beaver Creek and Steamboat Powdercats programs, participants have the choice to bring their own gear or you can rent state of the art equipment. If you bring your own skis they ought to be tuned, with bindings up-to-date and set correctly for your height, weight, and skiing ability; have poles of appropriate length, and boots in good shape. In the event you need rent or buy equipment, no worries. The Beaver Creek/Vail and Steamboat ski shops are some of the best in the country for available top line gear. Have no doubt our faculty can assist you with your specific needs.

Clothing

Warm and casual. Base elevations are generally at or above 9,000 feet. Summits top out at over 12,000. Be prepared. If you have any questions about this please feel free to call or email us at the numbers below. All events off mountain are "mountain casual."

Body & Acclimation

Conditioning is right up there with having your gear in order. Again, the question comes to mind how would you like your people to show up for work? We recommend you be in as good physical condition as possible prior to your arrival. The best way to accomplish this is to combine aerobic activity with some weight work.

Arriving early will give your body more time to acclimate to the higher altitude. It is also important to remember to drink plenty of water/fluids to prevent dehydration.

My team's skiing ability and passion for the sport are at different levels. Is this a problem?

No because:

1. In the work environment it's rare that all parties perform equally either. The goal is to maximize personal performance at whatever level each individual "plays".
2. We've found that even those team members that participate by directive find this experience exhilarating as learning applies both to the team and to skiing as a sport.