



# LEVELS AND TESTS SKI & SNOWBOARD

NURSERY	FROM 3 TO 5	FROM 6 TO 13	TEENS	ADULTS	OTHER ACTIVITIES	Contact us
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## ESF LA ROSIERE, is... :

- . 60 Ski Instructors to welcome you (90 in high season and 60 who speak English)
- . 2 meeting points... and snowgardens nearby to your accommodation :
  - . La Rosière Centre
  - . les Eucherts
- . Class lessons in ski and snowboard... from 3 to 99 years old !
- . Private lessons in ski, snowboard, telemark, squale, ...
- . Freestyle with Seb, Coach of Olympic freestyle athletes
- . Off-Piste course, all week long or "a la carte"
- . Courses for all ages (Competition, Too Kool for School, Performance, ...)
- . ESF tests and races : Flèche and Chamois
- . The Nursery "Les Galopins" with :
  - . the Baby-Club for the children form 18 months to 13 years old
  - . the Kids'-Club for the children from 3 to 13 years old
  - . the all inclusive "Ski + Kids'-Club" option
- . Handiskiing
- . Heliskiing
- . Snowshoeing walks
- . Special events all week long :
  - . the torchlight descent and the ski instructors show on Monday evening
  - . the jib session (urban freestyle) on Tuesday evening
  - . the Trophee San Bernardo on Thursday evening ...

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## ESF LA ROSIERE

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To enjoy your stay and your ski or snowboard lessons, please check the level to book, the ski pass to provide, and the meeting point !

## CHILDREN - between 3 and 13 years old

### I am in the Piou-Piou Club

#### Level

- I have never skied before and I am at least 3 years old but less than 6 years old

#### Tests

- Start getting used to skis and sliding.
- The ESF instructors are there to help me enjoy myself in this new environment.
- I can recognize my skiing equipment, and I can put on and take off my skis by myself.
- I can move around on flat ground and slide straight downhill.



### I am in the Teddy Bear Group

#### Level

- I have passed my PiouPiou badge
- I know how to walk with my skis and I can slide down a gentle slope without falling
- I have never skied before and I am at least 6 years old but less than 8 years old

#### Tests

- Snake around 4 or 5 poles using snowplough turns.
- Move around on skis in different ways over varied but almost flat terrain.
- Easy Nordic course.
- Simple straight run down the hill ended by snowplough turns.



### I am in the Snow Flake Group

#### Level

- I have passed the Teddy Bear badge
- I know how to take the draglift all by myself and how to snow plough turn and stop
- I have never skied before and I am at least 8 years old but less than 13 years old

#### Tests

- Series of 7 to 8 snowplough turns with the skis brought back to the parallel position in between, over a suitable marked out course.
- Elementary direct line across the slope following a roughly straight trajectory.
- Test of balance when skiing while facing down the slope (with little jumps, from one foot to the other or over little bumps, etc.) on a gentle slope.



### I am in the 1 Star Group

#### Level

- I have passed the Snow Flake badge
- I know how to link turns with my skis parallel to finish the turn

#### Tests

- On a moderately steep slope, series of elementary sideslip turns over a suitable marked out course.
- Direct traversing line following a curved trajectory.
- Step turns on a gentle slope (starting off at an angle).



### I am in the 2 Star Group

#### Level

- I have passed the 1 Star badge
- I can link parallel turns on a gentle slope

#### Tests

- Series of around ten perfect elementary turns over a suitable marked out course on a moderately steep slope.
- Basic direct line passing over hollows and bumps.
- Basic skating step.



### I am in the 3 Star Group

#### Level

- I have passed the 2 Star badge
- I can turn parallel on a moderate slope

#### Tests

- Series of around ten basic turns imposed by 10 to 12 poles on a moderately steep slope.
- Basic single garland on a moderately steep slope.
- Perfect direct line to build up speed, finished with a braking sideslip, all on a moderately steep slope.





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## CHILDREN - between 3 and 13 years old

### I am in the Bronze Star Group

#### Level

- I have passed the 3 Star badge
- I can complete parallel turns of varying sizes on steeper slopes

#### Tests

- Non-timed line assessed by the pupil's ability to complete perfect basic turns, with two changes of rhythm on a varied slope (alternating medium, short and medium-radius turns through 15 to 20 gates).
- Godille of base.
- Passage over bumps with slight take-off on prepared piste or terrain (skiercross-type run).



### I am in the Gold Star Group

#### Level

- I have passed the Bronze Star badge
- I can do short swing turns on a steep slope and had tried skiing in all types of snow conditions

#### Tests

- Short giant slalom, timed (maximum 50% more time allowed compared to opener).
- Technical series of perfect broad and high-speed turns over varied terrain (slope, snow, etc.).



### I am in the Competition Group

#### Level

- I have passed the Gold Star badge
- I can do parallel turns on black runs

#### Tests

- Competition turn.
- Different types of tracks.



## Meeting points and ski passes :

### I am in the PiouPiou Club, or in the Teddy Bear or Snow Flake Class :

- The meeting point is at the Kids' Snow Area in La Rosière Centre and Les Eucherts
- I don't need a ski pass on the first day : the ski instructor will tell me when I need one.

### I am in a Star Class :

- The meeting point is at the "Star" corresponding Sign :
  - Behind the ESF building in La Rosière Centre
  - At the bottom of the Eucherts Express chairlift in Les Eucherts
- I need a ski pass on the first day.







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## ADULTS - from 14 years old

### I am a beginner (1<sup>st</sup> ski)

#### Level

- I have never skied before

#### Tests

- Becoming familiar with the equipment and snow.
- Balance while sliding over smooth terrain on a gentle slope.
- Snowplough turn, controlling speed using a snaking trajectory, using ski lifts.



### I am in the Lower Intermediate Group – Level 1

#### Level

- I have skied the equivalent of about a week and can snow plough comfortably on a green or easy blue

#### Tests

- Descending in an elementary turn on a gentle to moderately steep slope.
- Elementary direct line.
- Elementary sideslipping: uphill swing, at an angle.
- Step turns sliding uphill.



### I am in the Upper Intermediate Group – Level 2

#### Level

- I have passed the level 1 and I have skied at least a week and can turn with my skis in parallel on blue to red runs

#### Tests

- Descent with a basic parallel turn on a varied, moderately steep slope.
- Basic direct line, basic sideslips and garlands, basic high-speed turns.



### I am in the Advanced Group – Level 3

#### Level

- I have passed the level 2 and I am comfortable on most runs and can manage short radius turns

#### Tests

- Descent with perfect turns on all types of piste.
- Perfect direct line.
- Perfect high-speed turn.
- Experience of skiing in all types of snow and terrain.

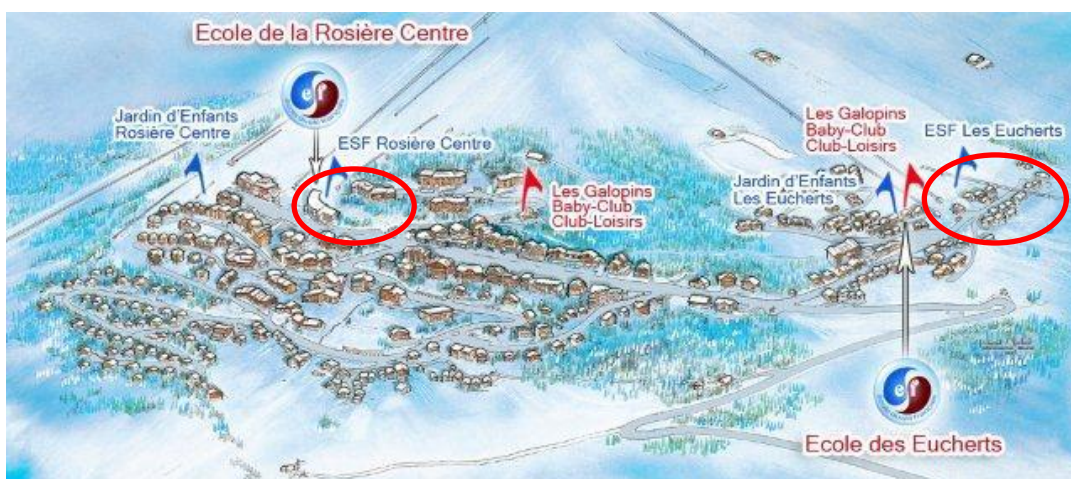


### Do I need a ski pass ?

- I am a Beginner : I don't need a ski pass on the first day but later on the week. The ski instructor will let me know.
- I am not a beginner, I need a ski pass on the first day.

### Meeting point at the corresponding « Adult » sign :

- In front the ESF building in La Rosière Centre – on the top of the ramp
- At the bottom of the Eucherts Express chairlift in les Eucherts





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## COURSES - from 14 years old

### Too Kool for School (skiing course)

- I am between 13 et 18 years old and I am a good skier (parallel turns on red slopes)

### Free-Style (in ski or snowboard)

- I am a good skier (at least Gold Star level) and I want to discover and improve in Free-Style.
- I am a good snowboarder (at least snow2 level) and I want to discover and improve in Free-Style.

### Off-Piste (skiing course)

- I have already experienced some off-piste and have a good technical skiing ability (comfortable on all runs in all conditions)

### Performance (skiing course)

- I am a very good skier (at least « Silver Fleche » level) and I want to do slalom training, preparation for the Fleche and Chamois tests : hardcore technical skiing !

## TESTS - Flèche and Chamois

### Flèche

- Giant Slalom, 25/35 checkpoints, elevation : 200 to 250 m
- Or : 0% à 15%
- Vermeil : 15,01% à 28%
- Argent : 28,01% à 40%
- Bronze : 40,01 à 50%
- Flechette : 50,01 à 55%



### Chamois

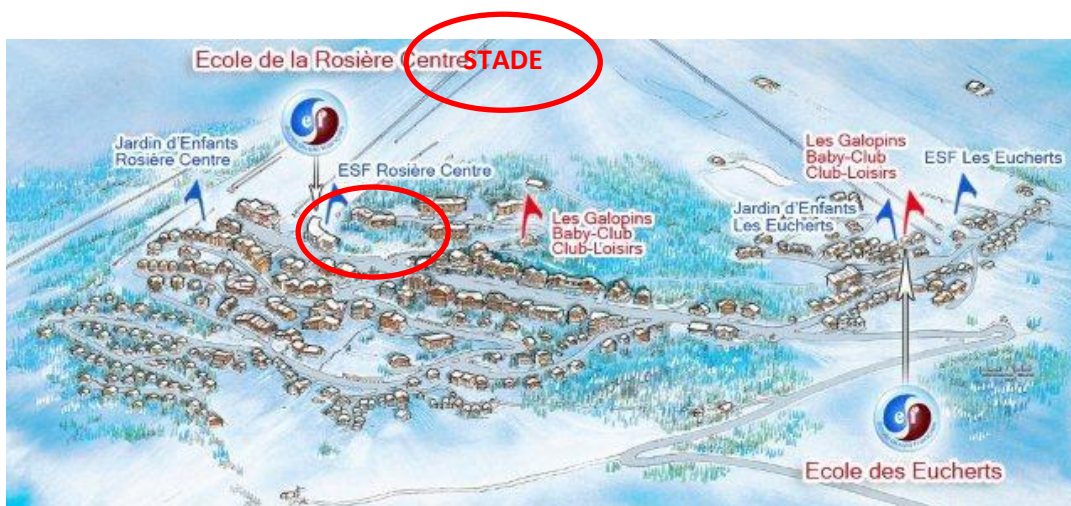
- Special slalom, 30/40 checkpoints, elevation : 120 to 200 m
- Or : 0% à 15%
- Vermeil : 15,01% à 28%
- Argent : 28,01% à 40%
- Bronze : 40,01 à 50%
- Flechette : 50,01 à 55%



### I need a ski pass on the first day

#### Meeting point :

- **Meeting point for the Courses - in La Rosière Centre** – behind the ESF building – at the corresponding sign.
- **For the Tests : at the top of the « stade Joël CHENAL »** (booking at the ESF office before).







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## CHILDREN - at least 8 years old and less than 14 years old

### I am in the Goomie Rider Group

#### Level

- I am a total beginner to snowboarding

#### Tests

- Turns : traverse the rail in a straight run and complete with a turn frontside and backside
- Pass 2 of the followings 3 suggested testes :
  - Autonomy : use the ski-lifts in protected areas.
  - Fakie : perform elementary falling leaves frontside and backside.
  - Basic Attitude : do a straight run with board in flat position, with vertical movements.



### I am in the Rookie Rider Group

#### Level

- I have passed the Goomie Rider badge : I now need to start to learn the right technique on the right slope

#### Tests

- Link 4 to 6 turns on green slopes and pass 2 of the following 3 suggested tests :
  - Basic Attitude : ride a box 50-50.
  - Fakie : perform fakie turns on a green slope frontside and backside, starting in the fall line.
  - Flat : perform falling leaf frontside and backside on a moderate slope.



### I am in the Izzi Rider Group

#### Level

- I have passed the Rookie Rider badge, I know how to turn and I want to link my turns together on a gentle slope

#### Tests

- Turns : perform 4 to 6 turns on a marked route on a green slope (with 20m spaces between each marker).
- Basic Attitude : perform 1 voluntary jump interspersed with sliding phases with board in flat position on easy slopes.
- Flat et Fakie : perform a 180° slide while traversing (front or cab).



### Do I need a ski pass ?

- I am Goomie Rider : I don't need a ski pass on the first day but later on the week. The snowboard instructor will let me know.
- I am not a beginner : I need a ski pass on the first day.

### Meeting point – at the « Snowboard » sign :

- Rosière Centre** : Behind the ESF building « la Maison du Ski ».
- Eucherts** : At the bottom of the chairlift « Eucherts Express ».





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## ADULTS - from 14 years

### I am a beginner

**Level :** I am a total beginner to snowboarding : an easy start to learn the right technique on the right slope



**Tests**

- Link 4 to 6 turns on a green slope.
- You must also pass 2 of 3 the followings suggested tests :
  - Basic Attitude : ride on a box 50-50.
  - Fakie : perform fakie turns on a green slope, frontside and backside, starting in the fall line.
  - Flat : perform falling leaves on a green slope frontside and backside.

### I am in the Snow 1 Level

**Level :** I am not a beginner, I can turn on my board and I want to link my turns together on a gentle slope.



**Tests**

- Link 6 to 8 elementary turns on a marked run (with 20m between each marker) and pass 2 of the following 3 suggested tests :
  - Basic Attitude : perform a small jump on a feature, with board in flat position at take-off and landing.
  - Fakie : link 4 to 6 fakie turns on a green slope.
  - Flat : link two frontside 180 slides and cab, with a backside turn in between.

### I am in the Snow 2 level

**Level :** I have passed the 1 Snow level, I can who can link my turns and I want to learn some simple tricks



**Tests**

- Link narrow basic turns on a moderate slope and pass 2 of the following 3 suggested tests :
  - Fakie : link 6 to 8 elementary fakie turns on a marked road
  - Flat : link 2 180° pops with frontside rotation and cab while traversing with a turn in between
  - Freestyle : perform a tail press on a box

### I am in the Snow 3 level

**Level :** I have passed the 2 Snow level, I want to try out different tricks and grabs in the snow park and some reeriding in the resort's best spots...



**Tests**

- Link advanced large and small radius turns on groomed snow :
  - Basic Attitude : maintain a nose slide or trail slide on snow.
  - Flat : link 2 180° back and switch pops while traversing, with a frontside turn in between.
  - Freestyle : perform a grab on a medium table (4-6m), keeping your balance in the air.

## Do I need a ski pass ?

- I am a Beginner : I don't need a ski pass on the first day but later on the week. The snowboard instructor will let me know.
- I am not a beginner : I need a ski pass on the first day.

## Meeting points – at the « Snowboard » sign :

- **Rosière Centre** : Behind the ESF building « la Maison du Ski ».
- **Eucherts** : At the bottom of the chairlift « Eucherts Express ».





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## ESF la Rosière is listening to you !!!

> To improve the communication between instructor/pupil or parent and the content of the class lessons including the star tests at the end of the week, please find below some insight concerning the lessons and the children's tests. It cannot replace the instructor but the following information will complement that of your ski teacher in resort.

## A typical week for your Child with ESF La Rosière :

### > Your Child is in PiouPiou : the first steps towards the joys of skiing !!!!

#### Day 1 : Familiarisation of the children, teachers and of course PiouPiou and Friends !

We won't put skis on straight away – ski boots are already a strange feeling to begin with! Games that children are familiar with and a walk around the snow garden and all the equipment will be a good start to the first day on snow.

#### Day 2 : A gentle start

Quite often on the second and third days the children realise that skiing is a going to be for a few days. It's strange and reassurance is the key. Parents can help with the children getting a good night's sleep (even if it is the holidays!) and putting a little snack in their pocket for the lesson.

#### Day 3 : Skis !

Up to the 3<sup>rd</sup> day some children may have only put on their skis for short spells. From here on more time is spent happily sliding using PiouPiou and his friends to enhance the learning.

#### Day 4 : Balance

Exercises in the form of games are used to improve a fragile balance.

#### Day 5 : Up to cruising speed !

The children normally have created a bond with the instructor by this point and are more confident.

#### Day 6 : Test day

This of course is just another day! There is no pressure at all with a test but PiouPiou himself may be in the snow garden to present the medals!! You can of course come along before the end of the lesson to participate in the fun!

Thanks to PiouPiou and his friends your child has learned to move around and slide on the snow.

Isn't it great exploring the mountains and enjoying skiing while having fun ???

Don't forget : ESF La Rosière will be here for your next adventures on the snowy pistes !

### > Your Child is booked in the other levels : please find below what his/her week will look like !

#### Day 1 : Verification of the levels, forming of the groups and getting our 'ski legs' back!

A very important day which will set up the rest of the week :

- . time is taken to help the children start correctly and make sure the groups consist of similar levels ;
- . a familiarisation of the children with the other children and the instructors;
- . a brief description of the week will be given.

#### Day 2 : General work for the whole group on a theme.

The themes may vary depending upon the conditions – balance forwards, backwards and lateral, edge control. controlling the pressure on the skis etc.

#### Day 3 : General work for the whole group on a theme.

Day 4 : General work for the whole group on a theme...  
with individual correction for specific problems for each child.

#### Day 5 : Specific individual correction.

#### Day 6 : Final tuning and exercises under test conditions.

Although the ESF in La Rosière uses a continuous assessment method the children may be put under a little pressure with some exercises. Some children benefit from this type of pressure and allows them to 'feel' a movement that they haven't done so before.

## The ski instructor : your main point of contact !!!

> The instructor will be present at least 10 minutes before every lesson (except some afternoon lessons).

Then, he/she will be able to answer any questions you may have about the lessons, the progress of your child, where you can ski with them after the lesson etc. (Please note after the lesson the instructor may have another lesson to go to unless it's an afternoon class).

> If you wish your child to progress please respect the instructor's tips on where to ski after the lesson.

Going too fast on slopes too steep will lead to your child regressing technically even if they are capable of 'getting down' the slope.

## The medal : a confirmation of a level obtained by the last day

> The medals and capacity booklets are internationally recognised and are given to the children who have attained the required level. You can find out what is necessary on the videos on the website ([www.esflarosiere.com](http://www.esflarosiere.com)) or in the ESF capacity booklets that are given with the medals.

> The instructor will give out the medals with a resumé of the week for each child.

This is done on the slopes during the lesson. If you wish to assist with the presentation please ask your child's instructor where they will be meeting. You will be most welcome to follow the group (from a distance) to see your child skiing and to take photos/videos if you wish.

Have a great holiday in La Rosière !