



## SKI ACADEMY PROGRAMME

The Oxygene Ski Academy programme is designed specifically to prepare you for the “Test Technique”, the entry exam to gain access to the curriculum to become a fully qualified ski instructor in France. The training takes place over 13 weeks from Monday to Friday from 9th December 2019 to 27th March 2020.

**The training is provided by experienced coaches dedicated to the Ski Academy and includes:**

- individual evaluation of your level of skiing
- the fundamentals of ski technique
- slalom technique
- competition training
- physical and mental preparation techniques
- advice on how to prepare your equipment for competition
- support from the trainers during competition
- a permanent slalom course with ski room
- access to teaching materials (slalom gates, timing unit, radios, video)
- physical preparation and altitude acclimatisation
- individual coaching and progression analysis
- video coaching
- Test Technique\* registration fee

**You will also receive :**

- an Oxygene ski outfit
- a season long lift pass
- gym membership
- FFS membership (including insurance) to allow you to compete in competitions to complement your training
- language lessons
- first aid training
- discounts on ski equipment

*\* Each candidate is entitled to take a maximum of 2 tests per season*

## The course options

<b>Course 1</b> <b>€5,600</b> (recommended)	<b>Course 2</b> <b>€4,600</b>
13 weeks of 30 heures, Monday-Friday	13 weeks of 24 heures, Monday-Friday
Minimum 390 hours	Minimum 312 hours
Intensive training designed to give you the best chance of success	Programme adapted for those who need to work whilst training

A deposit of €460 is payable upon registration. We offer a payment plan with payments in December, January and February for the balance.

**For all information contact our training manager:**

Sylvain Pelisse

[skiacademy@oxygene.ski](mailto:skiacademy@oxygene.ski)

☎ +33 (0) 6 11 44 32 42