



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 programme comprises 300 hours of training during a 10-week period from 14 December 2020 to 26 March 2021.

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 are entitled to take a maximum of 2 tests per season*)

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
- discounts on ski equipment

Registration

The price of the course is €4800. A deposit of €400 is payable upon registration. We offer a payment plan with payments in December, January and February for the balance. For registration and enquiries please contact our training manager:

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