

My Lounsbury ski adventure

at Holiday Valley

by Lori Hensel



We will drive to Holiday Valley to go skiing.



We will go to the Main Chalet to meet my instructors.



We will meet my instructors downstairs by the Ski School desk. I will wait quietly while my parents talk to my instructors and get my ticket.



Sometimes we have to wait in line to get my equipment. I will need to get skis and boots.



I need to put on my jacket, gloves, ski pants and helmet to stay warm outside.



Next, we will go to Creekside to put on my boots and get any other special equipment I may need.



Sometimes, I might use special equipment besides my skis and boots.



I might hold onto a pole, use a ring, wear a special belt around my waist, or use something special called a slider.



Once we have everything we need, someone will help put on my ski boots. They feel heavy and different from my regular boots.



Then, we will go outside. It is important that I listen to my instructors when we are outside.



My instructor will help me put on my skis. I will be a good listener, and will watch my instructors when they show me what to do.



I might get to ride the “Magic Carpet”. I will step onto it. I have to stand still and

lean forward and it will take me up the hill.



Then my instructor will help me ski down the hill. Sometimes my instructors might say funny words like “french fry” and

“pizza”. They don’t mean the foods we eat!

When my instructors say “french fry”, they mean put your skis like this:



When my instructors say “pizza”, they mean to put my skis like this:





When I am done skiing, I will go back to the main lodge to meet my parents.