

UNC - Chapel Hill Schedule January 4 - 8, 2016

Monday January 4 (Orientation: 2 pm. Very Important, You Must Attend)

Holiday Inn Express, 8412 Valley Blvd (Hwy 321 Bypass), Blowing Rock NC 28605. Please be on time.

Be sure you have:

1. French-Swiss I.D. Card
2. Your Schedule and Map
3. Slope Ticket for Wednesday Night
4. Equipment Form (if renting equipment)

Hotel check-in at the Holiday Inn Express after 3 pm:

Skiing/Boarding (Appalachian Ski Mtn. 5 - 10 pm) 940 Ski Mtn Rd Blowing Rock NC 28605

5:15 pm Arrive Appalachian Ski Mtn. ready to ski. Go to equipment area, lower level of lodge to check out equipment. Return equipment where you check it out each session **or** rent a locker (\$5 per day) This will allow you to keep the same equipment through Friday. Appalachian equipment is not permitted off the property.

6:15 pm Grouping for classes. Meet at the Green Flag, base of #1 Chair Lift.

**BE SURE YOU KNOW YOUR INSTRUCTOR'S NAME, WHEN YOU MEET AND WHERE.
LESSON TIMES AND MEETING PLACE WILL BE ASSIGNED BY YOUR INSTRUCTOR.**

6 - 10 pm Instruction and Practice Time.

Tuesday January 5 (Appalachian Ski Mtn. - 12 pm - 8 pm)

12 pm Pick up slope ticket and equipment form at French-Swiss Desk, lower level of the Lodge.

12 pm-8 pm Practice time and instruction.

Meet with your instructor at designated time and place.

Wednesday January 6 (Appalachian Ski Mtn. -12 pm - 8 pm)

12 pm Pick up slope ticket and equipment form (if needed) at French-Swiss Desk, lower level of the Lodge.

12 pm-8 pm Practice time and instruction.

Meet with your instructor at designated time and place.

Skills Test - Conducted at the end of your class

Return Rental Equipment prior to leaving the lodge.

Thursday January 7 (Sugar Mountain - 9 am - 4:30 pm)

Stop at French Swiss Rentals, 10821 Hwy 105 South, Banner Elk, NC, 28604 **ONLY if renting equipment. Keep equipment until Friday.**

Present French-Swiss I.D. Card at the French-Swiss Sign in the cafeteria at Sugar Mountain for slope ticket.

NO SLOPE TICKETS ISSUED AFTER 11 am.

Friday January 8 (Sugar Mountain - 9 am - 4:30 pm)

Hotel check-out before you ski/snowboard.

Present French-Swiss I.D. Card at the French-Swiss Sign in the cafeteria at Sugar Mountain to get a slope ticket.

NO SLOPE TICKETS ISSUED AFTER 11 am.

Return equipment to French-Swiss Rentals by 5 pm.

Have a safe trip home.

THANK YOU FOR SKIING WITH FRENCH-SWISS.

UNC - Chapel Hill

LFIT 129 and PHYA 229 Skiing/Snowboarding Guidelines

IMPORTANT: If you find that you cannot attend the program, it is **YOUR** responsibility to notify Dr. Ed Shields at 962-3351, (*email: Ed.Shields@unc.edu - *Please put **SKI** in subject line.) or Jennifer Canders at 962-2021, (*email: jcanders@email.unc.edu) or contact the French-Swiss Office (828-295-9312).

The program will be conducted regardless of weather.

The weather is very unpredictable and changes from hour to hour. You can expect powder, hard packed snow, ice, rain, corn snow, or slush. Try to make the best of the weather, but **DO NOT** expect good conditions all the time.

All skiing/snowboarding will be at your own risk.

Car pool as much as possible. Appalachian Ski area parking fee is \$1.00 per day.

VERY IMPORTANT

BRING YOUR FRENCH-SWISS I.D. CARD WITH YOU EVERY TIME YOU COME TO SKI. YOU MUST PRESENT YOUR CARD OR YOU CANNOT SKI.

IT IS IMPORTANT THAT YOU PRACTICE BEFORE AND AFTER YOUR CLASSES TO COMPLETE THE REQUIREMENTS FOR THIS CLASS.

IF YOU FEEL YOU ARE IN THE WRONG CLASS OR HAVE A PROBLEM, NOTIFY THE FRENCH-SWISS DESK.

SLOPE TICKETS FOR SUGAR MOUNTAIN WILL BE PICKED UP AT THE FRENCH-SWISS SIGN IN THE CAFETERIA AT SUGAR MOUNTAIN.

RULES OF CONDUCT

Noise will be held at a reasonable level in the hotel. After 11 pm, students are asked not to socialize in the halls, balconies or parking lot. **HOTEL RESERVES THE RIGHT TO ENFORCE BY ANY ACTION DEEMED NECESSARY.**

STUDENTS ARE RESPONSIBLE FOR ANY DAMAGE DONE AND ARE EXPECTED TO PAY FOR THE DAMAGES.

Students are responsible for phone bills which must be paid before hotel check-out.

No grade will be issued to students with outstanding bills.