

# First Tracks

For ages  
**6 & up**

Providing value-based experiences and collaborative mentorship that enables youth to develop better attitudes about Self, Health, Opportunities, Mastery, and a love for the Outdoors, while mastering Snowboarding, Alpine and Cross-Country skiing.

Those who participate can become lifetime enthusiasts, competitors, fans, or future employees.

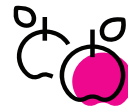
Multiple sessions,  
over multiple  
years include



**Winter Skills  
On Snow**



**Skills  
for Living**



**Healthy  
Food**



**Equipment  
& Clothing**



**“It’s really exposing  
them to something  
new and opening  
doors, motivating  
each other,  
encouraging  
each other...”**

- Maxson Middle School teacher

## Three Years

typical participation

**Progressive  
Experience**

**YEAR  
ONE**

**Alpine skiing  
Nordic Skiing  
Snowboarding**

**YEAR TWO  
& BEYOND**

**Participant  
gets to  
choose  
which  
FOCUS to  
MASTER**

- Our values to virtues mentoring builds healthy lives and healthy lifestyles.
- Sessions are four hours in duration and six per season, per participant.
- Each student has the same group leader for each session
- Each activity curriculum has six levels of progressive skill attainment.
- Our participants start at their level of experience.

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**Welcoming \* Embracing \* Empathy \* Belonging**