

The Ski Utah Fitness Award

Earn a certificate and pin preparing for your day on snow!

Did you know that all of the skiers and snowboarders at the 2002 Olympics trained during the summer to prepare for their winter events? They ran, biked, roller-bladed, hiked, and lifted weights all summer long. They also did many balance and agility drills, similar to the drills you do for football and soccer.

You can do it too!

Prepare like world-class athletes. Complete 6 weeks of training and earn the Ski Utah Fitness Award. Here's how.

1 Get copies of the Ski Utah Fitness Award *Training Log* and *Activity List* from your teacher.

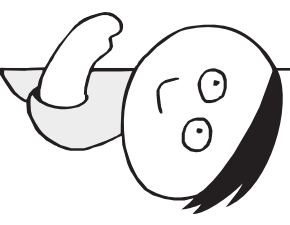
2 Complete the required activities over the 6-8 week training period (see the *Activity List* and *Training Log* for details) and have an adult verify your progress.

3 Mail your completed Ski Utah Fitness Award Training Log to Ski Utah before April 1.*

Get ready to Ski and

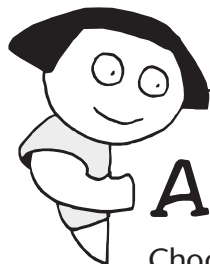
Snowboard!

Be fit, strong, and ready for ACTION.



* Log on to www.skiutahlocals.com and click on the Fitness Award link for more information and pictures of how to perform the fitness activities. Complete your fitness training and submit your Fitness Log by April 1 and you will be entered in our Fit Kid Drawing for hats, gloves, goggles and lots of other cool prizes.

The Ski Utah Fitness Award



Activity List

Choose your fitness exercises from this list of activities. You may choose different activities each day that you exercise or do the same activities each day. You can complete the fitness award in six weeks if you do three aerobic workouts, two strength workouts, and one skill workout per week. You can make up missed workouts during weeks seven and eight.

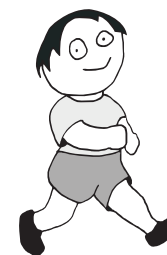
Start earning your Ski Utah Fitness Award today!

1. Complete at least 3 "aerobic workouts" per week. That means you'll do 18 aerobic workouts during a 6-week training period.
2. Complete at least 2 "strength workouts" per week. That means you'll do 12 strength workouts during the 6 week training period. Each strength workout must include one upper body, one lower body, and one core strength exercise.
3. Complete at least 1 "skill workout" per week. That means you'll do 6 skill workouts during the 6-week training period. If you are participating in the 4th Grade Ski Fitness Program, one of the 6 skill workouts can be the pre-ski lesson with a ski specialist. Other agility and balance drills can be chosen from the activity list.

Track your activity on the Ski Utah Fitness Award Training Log.



Logon to www.skiutahlocals.com and click on the Fitness Award link for more information and pictures of how to perform the fitness activities.



1. Aerobic

Aerobic Activity List

- You need at least 18 "aerobic workouts" to complete the fitness award.
- You may choose aerobic activities from the list below.
- Each activity must be performed for the specified amount of time in order for it to count as one "aerobic workout."

Do these activities for 15-25 minutes

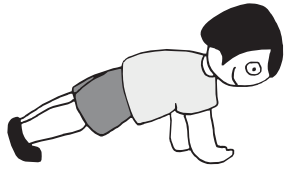
Running Walking Bicycling
Running/walking combination
Aerobic games in PE class

Do these activities for 20-30 minutes

Soccer Football
Basketball Volleyball
Hockey Ice-skating Rollerblading
Swimming Lap swimming
Hiking Dancing
Aerobics Cross-country skiing
Gymnastics

Do these activities for longer times

Tennis 30-40 minutes (there's more standing around in tennis)
Downhill ski training 2-3 hours



2. Strength

Strength Training Activity List

- You need at least 12 “strength workouts” to complete the fitness award.
- Each strength workout must include one core strength exercise, one leg strength exercise, *and* one upper body strength exercise.

Core Strength Exercises

Choose one exercise and perform the suggested number of repetitions. Start with lower numbers and work your way to higher numbers.

Bent Knee Curl-ups

Cross arms on chest, tighten stomach muscles and lift shoulders; hold 6 seconds. Do 8-20 times (1 set) for 1-2 sets.

Bent Knee Sit-ups

Cross arms on chest, tighten stomach muscles and rise up to touch elbows to thighs. Do 8-20 times (1 set) for 1-2 sets.

Reverse Curl-ups

Lift knees to chest and raise hips off the floor, do not let knees go past shoulders. Do 8-20 times (1 set) for 1-2 sets.

Leg Strength Exercises

Choose one exercise and perform for the suggested number of repetitions or minutes.

Wall-sit

Put back against a wall and lower body to a sitting position, lower yourself until you have a 90-degree bend in your knees. Your thighs should be parallel to the floor. Do not go below a 90-degree bend in your knees. Hold for 15-45 seconds and rest for 15-45 seconds. Repeat 4-20 times.

Lunge walk

Walk forward, alternating with your right leg forward and then your left leg forward, so that the front leg has a 90-degree bend in it. Your thigh should be parallel to the floor. Do not go below a 90-degree bend in your knees. Walk for 1 min. and rest for 1 min. Do 4-8 minutes of lunge walks.

Leg Squats

Place your rear foot and ankle on a chair, step, box, or rail for support. Place your front foot 1 to 2 feet ahead of the chair and bend the front leg until your thigh is parallel to the floor. Slowly return to starting position. Do 8-20 squats on each leg (one set) for 1-2 sets.

Partner Leg Press

Sit in a chair with one leg at a 90-degree bend and your foot resting against your partner's hand. Slowly extend your leg to a straight position but not locked position as your partner offers resistance (pushes back on your leg, but not so hard that you cannot extend).

Upper Body Strength Exercises

Choose one exercise and perform for the suggested number of repetitions.

Push-ups

Support your body on hands and toes or hands and knees (easier); slowly lower your body to the floor, keeping your back straight. Push up with arms and return to starting position. Do 8-20 times (one set) for 1-2 sets.

Pull-ups

Hang fully extended from a chin-up bar with feet free from the floor. Use an underhand or an overhand grasp, and raise body until chin clears the bar. Then lower body to starting position. Do as many as possible.

Flexed Arm Hang

Hang from a chin-up bar with your arms in a flexed position for as long as you can. Repeat 4-10 times.

Monkey Bar Walk

Walk hand-over-hand on the monkey bars for the entire length of the bars. Repeat 2-8 times.

Crab Push-ups

With stomach facing the ceiling, support the body on hands and feet with knees bent and arms straight. Bend elbows and lower buttocks to the floor. Straighten arms and return



3. Skills

Skill and Agility Activity List

- You need 6 “skill workouts” to complete the fitness award.
- Choose one to two exercises for each training session and perform the suggested number of repetitions to equal one “skill workout.”

Karate Kid

One-legged balance stands in “karate kid” position (place free foot on the side of the balancing leg). Balance on each leg for 20-60 seconds. Repeat on each leg 4-8 times.

Backwards Run

Run backwards from start to finish for approximately 50 yards. Concentrate on staying low and pumping shoulders and arms. If possible, find a hill. Backpedal up the hill and walk back down. Repeat 4-8 times.

Grapevine

Run sideways, crossing left leg in front of right and right leg in front of left and so on. Continue the drill for 30-60 seconds. Rest 30-60 seconds. Repeat 4-8 times.

Skiers Jumps

With feet together, jump laterally from right to left and left to right. Make motions as smooth as possible and keep upper body movement to a minimum. Make it harder by jumping over a pillow or other object. Continue the drill for 30-60 seconds. Rest 30-60 seconds. Repeat 2-4 times.

Lateral Leaps

Place two hoops or tape markers on the floor and hop back and forth from one hoop or marker to the other by springing from one foot to the other. Stay balanced over arch of foot and keep upper body quiet. Continue the drill for 30-60 seconds. Rest 30-60 seconds. Repeat 2-4 times.

Hopping, Skipping, Leaping, Rope Skipping

Perform one of these movements for approximately 50

The Ski Utah Fitness Award – Training Log




FIRST NAME	LAST NAME	SCHOOL NAME

Color in the “workout boulders” to complete your training and prepare you to ski and ride in the mountains.

What is the name of the tallest mountain near you? _____.
 How tall is that mountain? _____.

Instructions

Color in one boulder for each training workout you complete. Check the *Activity List* for different types of workout activities (Running, Karate Kid, Flexed Arm Hang, etc.). Plan on completing your training in 6 weeks.

-  Do at least 3 aerobic workouts per week.
-  Do at least 2 strength units per week.
 Each strength workout should include
 - a core strength exercise
 - an upper body exercise
 - a lower body exercise
-  Do at least 1 skill workout per week.
 Each skill workout should include 2 skill activities from the *Activity List*.



✓ Parent/Teacher Check-off

Have a parent or teacher check your Training Log before you send it to Ski Utah (see address on next page) for your award.

 Parent's or teacher's signature

FIRST NAME		LAST NAME	
STREET ADDRESS		GRADE	
CITY	STATE	ZIP CODE	PHONE NUMBER

Mail your completed Training Log to:

Ski Utah Fitness Award
 150 West 500 South
 Salt Lake City, UT 84101

Please allow 4 to 6 weeks to receive your award.

Submitting your Fitness Log as an individual*

Complete the information above and mail your Fitness Log to Ski Utah by April 1 if you are earning your Fitness Award certificate and pin on your own.

Submitting your Fitness Log as a group*

The person in charge of your group should complete the above information (for example, a teacher or parent). Package this sheet together with the Fitness Logs for each participant and mail to Ski Utah by April 1. You will receive one pin and one certificate for each person submitting a completed Fitness Log.

Get fit early and be entered in our Fit Kid Drawing

*Complete your fitness training and submit your Fitness Log by March 1 and you will be entered in our Fit Kid Drawing for hats, gloves, goggles and lots of other cool prizes. Get started soon, January is getting closer every day!

Log on to www.skiutahlocals.com and visit the Fitness Award link for animated examples of activities and other information about



www.skiutahlocals.com

