

**COME VOLUNTEER OR  
PARTICIPATE WITH  
EAGLE MOUNT!**



**SPECIAL THANKS TO  
SHOWDOWN**



**Showdown Ski Area is  
where Eagle Mount holds  
the alpine ski program.**

**Many thanks to  
Showdown for all they do  
to make Eagle Mount a  
success, and all of the  
staff for a safe mountain  
to ski on.**

[www.showdownmontana.com](http://www.showdownmontana.com)



# **ADAPTIVE SKI PROGRAM**



**EAGLE MOUNT**

Therapeutic Recreation

[www.eaglemount.net](http://www.eaglemount.net)



## PARTICIPANT DETAILS

### THE SKI HISTORY

The Eagle Mount ski program began the winter of 1991 with six participants. This group traveled 200 miles to ski at a hill that had facilities for people with disabilities. The following year, a program was set up at Showdown, the local ski area. With the help of donations, Eagle Mount has been able to purchase adaptive equipment such as bi-skis, mono skis, ski walkers, and tether lines. Over the past years, the individuals served have grown to over six times the original group.

### VOLUNTEER DETAILS

The quality of the Eagle Mount ski program is greatly enhanced by it's volunteers. All volunteers go through a

- 1 night dry land training (January at Eagle Mount Activity Center in town)
- 2 day on Mountain training (January at Showdown) with experienced volunteers.

Volunteers will learn about different disabilities, teaching techniques and the adaptive equipment. The ski list of interested participants is growing each month which is great, but **in order for these participants to ski, volunteers are needed! Sign up today as a volunteer.**

Through the ski program, participants gain increased ability to develop different muscles, improve their balance and coordination, and have psychological benefits of increased self-awareness, increased self confidence, and improved self esteem. They actually become part of the ski community.

- The number of ski lessons are not guaranteed
- The scheduling survey is a "survey only" and states the dates chosen to ski are not a guarantee.
- We will schedule skiers each week and call if we can get enough volunteers on the days skiers are available.
- To register please complete and turn in the scheduling survey found on the website or call and we will send you one. After we receive your survey we will contact you to schedule your official ski days.

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Great Falls, MT 59403.  
Phone: (406) 454-1449  
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www.eaglemount.net

Eagle Mount is a chapter of  
Disabled Sports USA

## PROGRAM DETAILS

\$25 per person/per ski day (limited fee assistance available. Everyone will be required to contribute towards their ski lessons).

**Ski Days:** Wednesdays, Thursdays, Fridays, Sundays

**Ski Times:** Mornings (10:00 a.m. - 12:00 p.m. ) or Afternoons ( 1-3 p.m.)

**Program Dates :** January - March

**Make Up Days :** Ski lessons will ONLY be made up due to Eagle Mount cancellations because of weather conditions or volunteer cancellations. Other participant cancellations will be considered on an individual basis and whether or not a make up day is available.

**Schools:** Give 5 days notice to arrange for instructors/assistance. (Kids skiing with their schools will follow the school and Showdown guidelines regarding rules and fees. Eagle Mount only requires an application to be completed and sent to the Eagle Mount office to assist with preparation of volunteer assistance. Eagle Mount does not charge extra to the schools/students - all fees/payments are rendered to the schools and/or Showdown depending on your schools policies).