

## “What is Eagle Mount?”

*Eagle Mount is a non-profit organization in Great Falls, MT that provides therapeutic and recreational activities for children and adults with physical, emotional, developmental, behavioral and/or mental challenges, striving to improve the quality of life for them and their families.*



“[Eagle Mount] makes a determined effort to teach the skills that will eventually lead to skiing independently.”

- Gleisner Family

## Contact Information

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***www.eaglemount.net***

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### **Showdown Ski Area**

***www.showdownmontana.com***

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### **Steph Richardson**

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# Adaptive Ski Program

*Eagle Mount is a Chapter of Disabled Sports USA*



**Eagle Mount**  
Therapeutic Recreation for  
People with Special Needs



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*With Eagle Mount... we are building family memories.*

- Kara Bell

## 2011/2012 Program Information

The session runs from **Sunday, January 15th – Sunday, March 11th**. There are special lessons before and after the session with seasoned volunteers. There are no lessons the weekend of Feb. 18/19th.

### New Volunteer Training

Dry Land – Thursday, January 5th from 6-8pm at the Eagle Mount Activity Center in Great Falls.

On Hill- Saturday, January 7th and Sunday, January 8th from 9:30am-4pm at Showdown. Bring your own equipment and lunch.

### Seasoned Volunteer Training

On Hill- Sunday, December 18th at Showdown from 9:30am-4pm. Bring your own equipment and lunch.

# What Eagle Mount's Ski Program Offers

*Eagle Mount provides an experience for those who might not otherwise have the opportunity to enjoy the excitement and exhilaration the sport of skiing and snowboarding offers.*

## Participants>>>

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 become part of the ski community.

Lessons are up to two hours with one or more trained volunteer instructors at the cost of \$25 per person per lesson. Eagle Mount skis at Showdown Wednesday-Friday and Sundays; January-March.

To register for the ski program, please fill out a ski participant survey (found on the website) and turn it into the Eagle Mount office.

## Volunteers >>>

The quality of the Eagle Mount ski program is greatly enhanced by it's volunteers. Volunteers learn about different disabilities, teaching techniques and the adaptive equipment in different trainings. It is unique to the ski program that volunteers get to be an active part of the participant's education.

The ski program grows every year and the volunteers are the heart and soul of the ski program. So in order for the participants to ski or snowboard, volunteers are greatly needed! We welcome new volunteers and recognize each individual's valued contribution as a gift providing rewarding experiences for all. Much thanks to all that have given so much time and energy!

## Trainings >>>

Volunteer trainings are for everyone that plans to be involved in the ski program. In the trainings,

**Volunteers are the heart and soul of the ski program.**

one will learn a variety of teaching techniques and methods, adaptive equipment and the fundamentals of how to ski and/or board. For new

volunteers, there is a one night dry land training and a two day on the snow training. For veteran volunteers, there is a one day on the snow training.



## Showdown Ski Area

Showdown is a proud supporter of the Eagle Mount ski program. Showdown has and continues to show special consideration and accommodation to the program, the participants and the volunteers. A special thank you to Showdown for the continued support!



## A new thrill for some...

*"Through the Eagle Mount adaptive ski program, all of our students have a new way to enjoy winter through the exciting recreational activities of skiing, snowboarding and sit-skiing. Eagle Mount works to provide instruction and support that best matches the abilities and meets the needs of our students. Regardless of their age or disability all of our students have been able to fully participate in a snow sport activity at Showdown."*

- Steve Gettel, Superintendent of the Montana School for the Deaf and the Blind

