



COPPERFIELD  
INTERNATIONAL SCHOOL  
VERBIER



COPPERFIELD  
**SKI PROGRAMME**

# WHAT IS THE SKI SCHEDULE?

The number of ski days per week will depend on the program selected.

## Secondary Years

Monday and Wednesday  
\*plus an optional day: Sunday

### Regular Ski Program

09:00 - 12:00

09:00 - 12:00

Monday, Wednesday and Friday

### Competition Ski Program:

09:00 - 12:00

Saturday

09:00 - 12:00

13:00 - 16:00

## Primary Years

Monday and Wednesday  
\*plus an optional day: Sunday

### Regular Ski Program

13:00 - 16:00

09:00 - 12:00

Monday and Wednesday  
Friday

### Competition Ski Program

13:00 - 16:00

09:00 - 12:00

Saturday

09:00 - 12:00

13:00 - 16:00



# HOW MANY MONTHS PER YEAR CAN STUDENTS SKI?

## Regular Ski / Snowboard Program:

- This is during the winter season in Verbier, normally between mid December until the end of April (each year varies depending on level of snow).
- Skiing/snowboarding is offered during the Christmas, February and Easter vacation periods.
- Postseason: one weekend of recreational skiing in Zermatt during May.

## Competition Ski Program:

- Pre-season: 10-day ski camp in Saas Fee in October + two weekends in November in Saas Fee or Zermatt.
- Season: From the start of the winter season in Verbier in early or mid-December to the end of the season in late April.
- Postseason: one weekend of recreational skiing in Zermatt in May.



# WHERE DO STUDENTS TRAIN?

The main ski program takes place at the Verbier Ski Resort. In the competition program, a pre-season training will be held at Saas Fee and Zermatt Ski Resorts.

Depending on the competition calendar, other ski centers in the region will be visited, such as Vichères, Les Crosets, Anzère, Champéry, Zinal, Nendaz, Veysonnaz and Leukerbad.







## HOW PERSONALISED IS THE PROGRAMME?

In both the regular ski program and the competition program, attention is personalised according to the needs of the students. To do this, ski instructors and program coordinators will monitor technical and sporting developments.

Our focus is on the maximisation of each student's potential to excel at and enjoy their skiing. Our ski coaches select the groups where they believe students will be challenged and happy, A correct choice of groups and ski level will allow each student to enjoy and learn according to their needs and motivations.

# WHAT IS THE DIFFERENCE BETWEEN THE REGULAR SKI PROGRAMME AND THE COMPETITION SKI PROGRAMME?

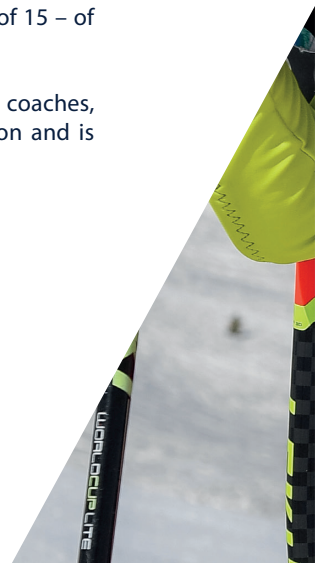
The choice of the program is “personal and technical”, depending on the wishes and motivations of the student, and on their level of skiing.

The regular ski program guarantees an excellent level of training for recreational skiers, and involves free skiing, free ride, free style and an introduction to racing. Students who demonstrate technical skill and passion can progress from the regular ski program to the competition program.

The competition program is dedicated to those students who, “having achieved a high level of skiing”, wish to participate in competitions. The difference of this program lies mainly in the volume of hours of skiing and training that the student will carry out. For this, it is really necessary to become aware of the commitment that the project requires to seek high performance and good results. The competition program is offered to students who wish to participate in ski racing and have already demonstrated a capability and commitment to the discipline.

The competition program involves more hours – a minimum of 15 – of skiing and training per week.

Copperfield International School, with its expert team of ski coaches, will make sure that each student receives individual attention and is challenged both to excel at and enjoy their skiing.











## WHAT OFF-SNOW TRAINING CAN STUDENTS DO?

Verbier is one of the world's premier sports destinations. When the students are not skiing, they are up in the lush hills on bikes, down in the excellent Verbier Centre Sportif practicing their tennis, soccer, or just next to campus honing their short game at Verbier's gorgeous golf course.

Students who are part of the competition team will also carry out specific activities to enhance their skiing performance. There will be a focus on balance, coordination, power, speed, reaction and visual anticipation exercises. The school has a small gym designed for strength and conditioning to support skiing, and students also have access to the large weights room at the Verbier Centre Sportif.

Mindset and wellbeing are essential skills for well-rounded athletes. Our program incorporates psychological training for students to ensure they are at their best mentally as well as physically.

# WHAT IS THE BALANCE BETWEEN ON-SNOW AND OFF-SNOW?

For those who develop the Regular Ski Program, the off-on snow balance will be a consequence directly related to the start and end of the season of the Verbier ski resort. During this period, sports activity is specifically focused on snow without off-snow activities. Outside this period, all the other sports alternatives are carried out without on-snow activities.

For those who join the Ski Competition Program, their activities on the snow will begin during the pre-season in the months of October and November, where they will be interspersed with physical preparation activities.

On average the ratio during these two months will be: 50% on / 50% off. During the winter season the activities will be mainly on the snow plus a weekly physical maintenance, 90% on / 10% off. Before October and after May, physical activities will only be off snow.













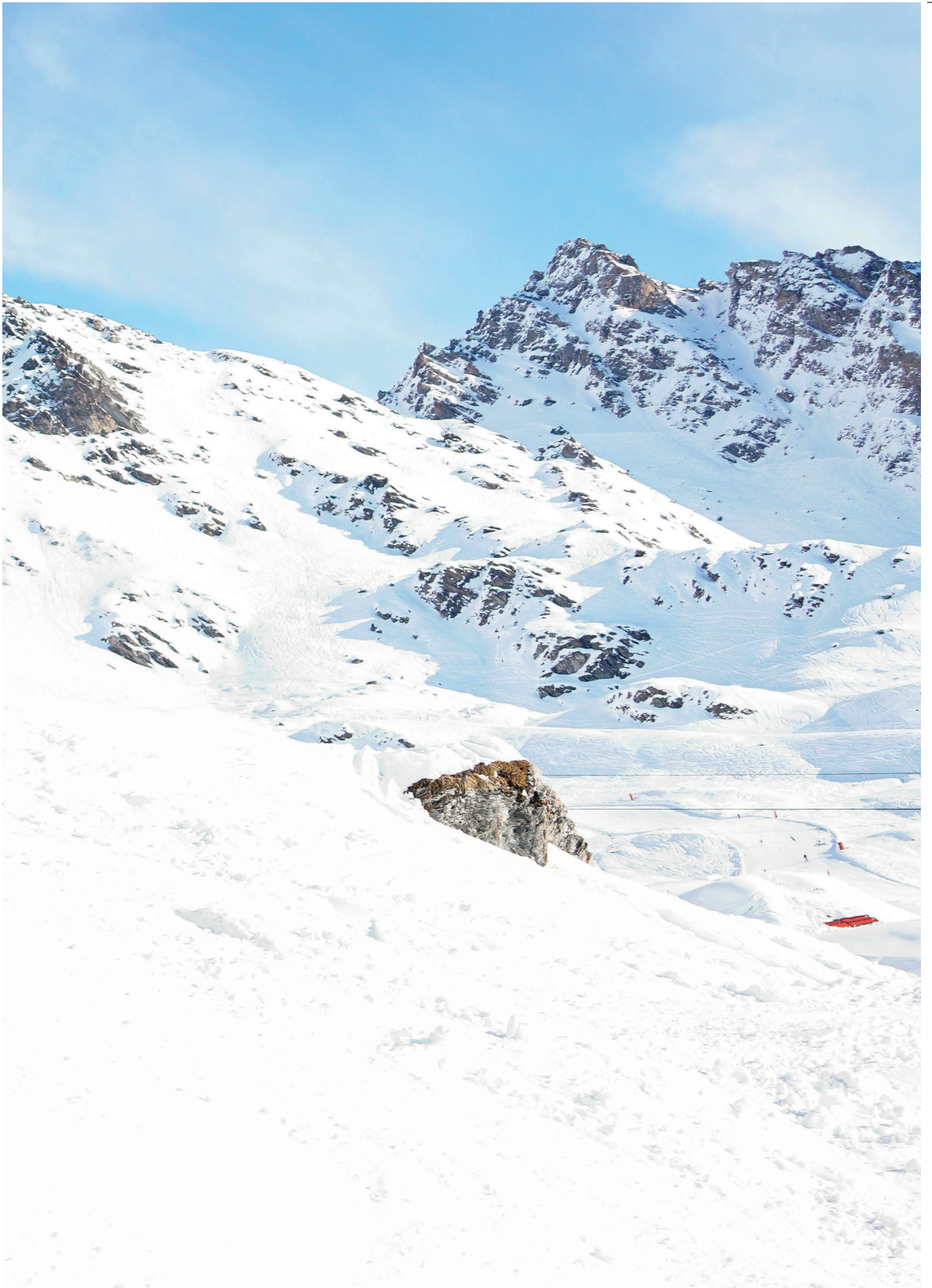
# FREERIDE PROGRAM

Freeride skiing is a type of skiing that involves skiing on ungroomed, natural terrain such as powder snow, steep slopes, and backcountry areas. It is an adventurous and challenging form of skiing that requires a high level of skill, experience, and physical fitness. Freeride skiers often use specialised equipment and techniques to navigate challenging terrain and negotiate obstacles such as cliffs, chutes, and trees. This style of skiing is not for beginners and requires adequate preparation and safety measures to minimise the risk of accidents and injuries.

Given the demand of the children of our school, we have incorporated the freeride program. Guided by the best ESSV coaches in this field.









**COPPERFIELD**  
INTERNATIONAL SCHOOL  
VERBIER

Rue de la Bérarde 10 | Le Hameau | 1936 Verbier | Switzerland  
info@copperfield.education | +41 27 520 6100 | copperfield.education