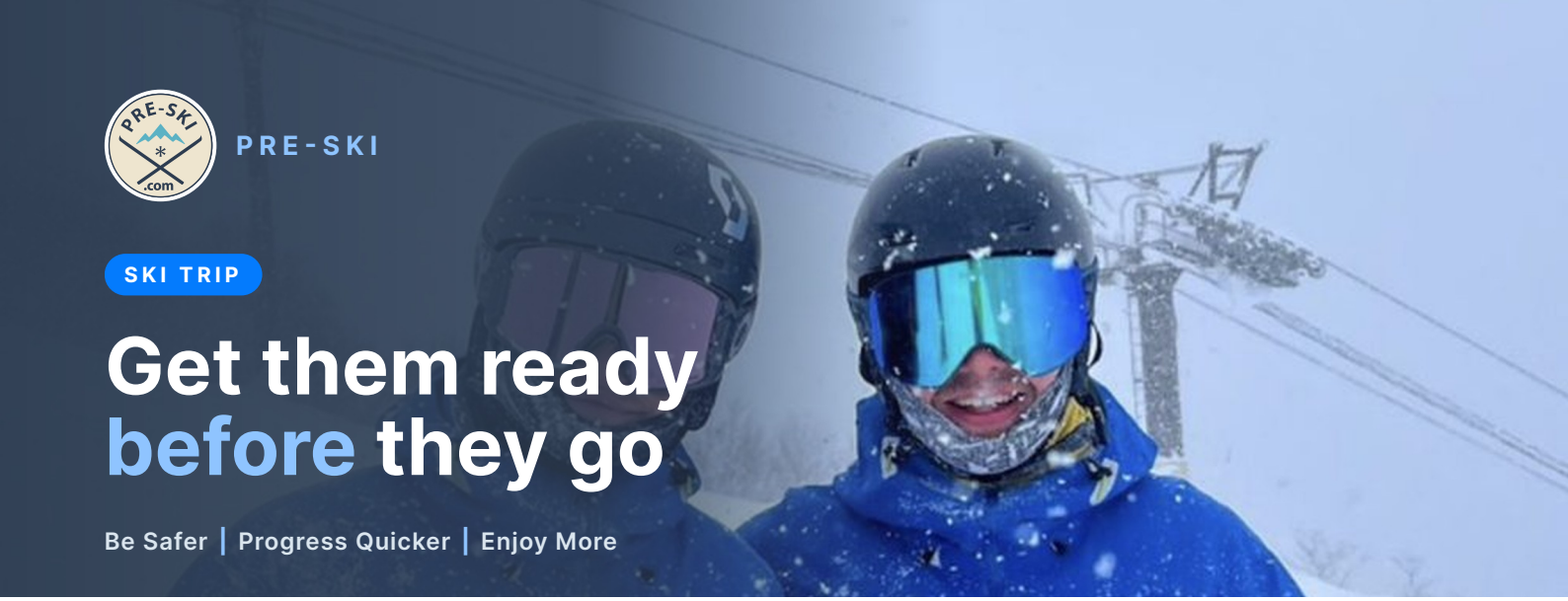


PRE-SKI

SKI TRIP

Get them ready before they go

Be Safer | Progress Quicker | Enjoy More

If your child is going skiing with school, they'll be safer, progress quicker and enjoy it more having done PRE-SKI. Guaranteed.

PRE-SKI is included on our ski trip for every pupil. Everything is built with one aim: for everyone to have the best trip possible.



What most pupils do

They don't prepare. They wing it and really don't make the most of their trip. Most aren't ski ready, some don't know what to bring, or choose the wrong things. Some are anxious and trying not to show it. PRE-SKI changes that.

What PRE-SKI does for your child

Guided routines for every level, from totally unfit to really fit. Typically, three online physical sessions and one mental session a week. Created by experts, tested by teenagers and doable at home (or anywhere) from their phone.

What PRE-SKI does for parents

The PRE-SKI Premium Supported package gives parents confidence and reassurance. It includes a parent and carer guide and checklist, with multi-language and SEND content options, plus answers to the questions parents actually ask: what does my child need? what will happen? is it safe? what if...? are they ready? So there's no need to second guess, wade through misinformation or contact school looking for answers.



What your child gains

Physical Preparation
Endurance, strength and mobility, so they ski longer and safer with less risk of injury.

Mental Confidence
Mindset and self-talk trained, so they make better decisions on the slopes when it gets tough.

Equipment Know-How
They know what they need, what to bring and how to use it, so the trip is about the skiing.

Faster Progression
A noticeable improvement they can see and feel. PRE-SKI gives them the edge to progress faster and enjoy more.

NO EQUIPMENT TO BUY
NO GYM MEMBERSHIP REQUIRED

INCLUDED ON OUR TRIP

Every pupil

has PRE-SKI, and so does every teacher. Your child's code is in the trip letter.

Everyone included. No one left out.
The Premium Pack comes with SEND options, including dyslexia friendly, ADHD and autism editions, and in multiple languages.

Details matter, preparation is key. Get the PRE-SKI Advantage.

pre-ski.com/schools

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