

Formation **Prosneige**

PRIVATE TRAINING CENTER

VAL THORENS – LES MENUIRES



BECOME A SKI-INSTRUCTOR.



TECHNICAL TEST OBJECTIVES

The Prosneige Training Centre prepares individuals for the French 'Test Technique' Examination. This is the first examination that is essential in order to obtain the Brevet d'état d'éducateur sportif 1er degrés option ski alpin' (BEES1) or French National Ski Instructors Diploma. Known more commonly in France as the 'Monitorat de Ski'.



GUARENTEED EMPLOYMENT

The moment individuals pass their Test Technique examination and Preformation (Stage 2 examination) they are invited to join the Prosneige Ski School as a Trainee Instructor or 'Stagiere'. The Prosneige Ski School, comprising of 40 National Ski Instructors, is privately operated and has a training agreement with the French Department of Sport (DDJS) to help progress trainee instructors through the examination procedure.

www.formationski.prosneige.fr

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THE FRENCH NATIONAL DIPLOMA (B.E.E.S 1) :

INTRODUCTION

The B.E.E.S. 1er Degree Alpine Skiing Diploma legally allows fully qualified instructors to train and teach skiing and snowboarding at all levels and to lead groups on and off-piste anywhere in the mountains with the exception of glaciated areas and without the intent of using mountaineering equipment.

This diploma is recognised all over the world and fully qualified professionals can choose to work independently, within a ski school or for any form of legally recognised organisation (e.g. U.C.P.A).

Training for the B.E.E.S. 1er Degree Alpine Skiing Diploma is governed by E.N.S.A. (Ecole Nationale de Ski et d'Alpinisme) in Chamonix. They have been established to oversee and manage the development of individuals specialising in the art of teaching sports in the mountains.

THE CURRICULUM

STAGE ONE : Pass the 'Test Technique' and then you can enroll at E.N.S.A.

The Test Technique is obligatory for anyone who wants to begin their Ski Instructors programme. Once you have passed this examination and the following 'preformation' or equivalent examination, it is possible to enroll in a ski school as a trainee instructor.

The examination is organised by the Regional and Divisional Sports Departments in France. It is a Special Slalom Examination that is time evaluated. Each competitor is required to ski within a percentage of a predetermined time that is set by a Racing Official over a course approximately 50-60 seconds in length. The percentage time requirements are 20% for men and 25% for women.

IMPORTANT : Applicants must be 18 years or over.

The PROSNEIGE TRAINING CENTRE is setup to train participants for this examination.





LE BEES 1



STAGE TWO

The 'PREFORMATION' or Pre-Training. Becoming a Trainee Instructor.

The pre-training course lasts 15 days and is evaluated by E.N.S.A.

Course content includes : Basic technical, theoretical, practical, educational and safety elements necessary for working in the initial teaching environment.

Examination : The course assessment consists of three main parts :

- A Practical : Teaching Scenario + Technical Demonstrations.
- A Technical Evaluation : Technical Skiing Demonstration.
- A General Note : Overall performance based on the two weeks.

Successful applicants obtain their 'Livret de Formation' or Training Certificate. This is valid for 4 years during which time participants are required to pursue further levels listed on the programme. Failure to meet these requirements will result in the certificate being revoked at the end of that period.

The 'Livret de Formation' allows individuals to start working as a trainee or 'stagiere' within registered organisations or ski schools in France only.

Twenty days minimum work experience is then required before training can continue.

All trainees are eligible for payment at this stage while working within a controlled environment under the supervision of a national instructor.

FOLLOWING ON : The Eurotest

The Eurotest is the next stage on the agenda. Unlike the technical test it is a Giant Slalom time evaluated alpine skiing race. Performance must be within or equal to 18% (men) and 24% (women) of an officially registered time.

Go to the following link to see the full curriculum details :

http://www.ensa-chamonix.net/images/ENSA/examens/alpin/bees1/cursus_ski.pdf)
Prosneige offers specific training programmes for the Eurotest.

SPECIAL FOREIGN DIPLOMAS

For persons wishing to work in France using an equivalent diploma or part thereof, it is possible to bypass certain aspects of the French Diploma and obtain a 'Livret de Formation' from E.N.S.A.

To by-pass the Pre-Training or French 'Preformation' it is necessary to have the following foreign examinations :

Diplome:	Delivered by the:
Grundstufe Skilehrer	Deutscher Skilehrerverband
Anwärter	Lander
Instructeur	Belgische Lichamijke Ontwikkeling Sport en Openluchtcreatie
GrundInstruktor	Skiforbund Dansk
Grade 3B	ritisch Association of Snowsports Instructors
Skileraar A	Nederlandse Ski Vereniging

Diplome:	Delivered by the:
Verbandsshilehrer	Deutscher Skilehrerverband
LandesSchilehrer	Lander
Grade 2B	ritisch Association of Snowsports Instructors
Trainer A	Belgische Lichamijke Ontwikkeling Sport en Openluchtcreatie
SkilInstruktor	Skiforbund Dansk
Aide Moniteur (niveau2)	Administration Education Physique Sport et la Vie en Plein Air
Skileraar B	Nederlandse Ski Vereniging



Formation **Prosneige**

CENTRE DE FORMATION PRIVÉ

VAL THORENS – LES MENUIRES



THE TRAINING CENTRE



LOCATION

The training centre is located in Val Thorens, the highest resort in Europe in the heart of the Three Valleys.

- Guaranteed snow and good training conditions that last throughout the season from November through till April.
- The Three Valleys or 'Trois Vallées' is the largest ski area in the world and provides exceptional ski conditions, pistes, altitude and variations in terrain.

THE PROSNEIGE TRAINING SETUP

> There are two race training stadiums at our disposal :

- 1 in Val Thorens
- 1 in Les Menuires
- Each stadium offers different terrain and training conditions. This is ideal because it is important to train in variable situations.

> The Val Thorens Sports Centre at your disposal has a :

- Gymnasium
- Football Pitch
- Swimming Pool

> Classrooms for video analysis.

> Equipment Workshops for ski preparation.

PHYSICAL TRAINER

Nicolas JORCIN has been in Val Thorens for the last three years. Ex-Runner and passionate about training, his motivation and experience guarantee the highest levels of instruction. Nicolas is also assisted by the 'University of Lyon' physical training department.

THE PROSNEIGE SKI SCHOOL

The Training Centre is overseen by the Prosneige Ski School which is accredited by the French Ministry of Sports. The School has been established for over fifteen years and has over forty instructors in Val Thorens and Les Menuires.

Following examination success trainees will be invited to join the Prosneige Ski School team if they so wish.

CONDITIONS OF ENTRY :

Participants :

- > have to be 18 years or older.
- > have to be very good Alpine Skiers (more specifically to pass the examinations).
- > have to have a high level of physical fitness.



PLANNING

Two dates per season for the 'Test Technique' examination.

> End of January.

> End of March

The training centre will help participments with the entry details and administration.

1 st November – 19 th November	22 nd November onwards	21 st December – 1 st January :	2 nd January – 23 rd January	24 th January – 18 th February	20 th February – 5 th March	6 th March – 30 th March	April
Pre-Season Training, Val Thorens	Ski Training, Monday to Friday (Midday).	Holidays > Option of staying in resort and skiing with the group under a proposed training schedule from the trainer	Slalom Training, preparation for the 'Test Technique'.	Review examination, individual analysis and specific training.	Holidays	Specific training for the March examination.	Free-skiing and learning to telemark, snowboard, freeride.
<ul style="list-style-type: none"> • Acclimatisation • Ski Touring • Cycling • Physical Training (Sports Centre) 	<ul style="list-style-type: none"> • Free Skiing Sessions • Slalom Training • Video Analysis (Personal Analysis) 		<ul style="list-style-type: none"> • The examination is normally during the 3rd week in January. 				

COSTS AND FINANCES

COST

HALF SEASON November to the end of January : First Technical Examination :	FULL SEASON November – April :
3500 euro TTC	5000 euro TTC
All Inclusive : <ul style="list-style-type: none"> • Training • Ski Uniform • Lift-pass for the Belleville Ski Vallee for the existing period • Sport Centre Pass • 'Test Technique' inscription. 	
Accommodation is not included in these prices. Prosneige can help you to find accommodation in the region. Prices vary from between €1500 and €5000 depending on the location and number of persons lodging.	

FINANCES

It is possible to fund all your training by working weekends in sports shops either working as a ski man or sales person. We participate actively in setting up direct contacts in the surrounding area.

We also work in partnership with the University of Lyon. Many of our students are enrolled in DEUST Outdoor Activities. If you are interested in discovering potential new liasons between this ski diploma and diplomas in corresponding countries then do not hesitate to get in touch and we will be more than happy to help.

Formation Prosneige

CENTRE DE FORMATION PRIVÉ

VAL THORENS – LES MENUIRES



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