



Guide to Adventure

...

*Where will your
adventure begin?*





**The Adventure Sports Center at Saint Michael's College
is pleased to offer a variety of opportunities for all members
of the college community to experience what the outdoors
in New England has to offer.**

Students and employees can sign up for any program we offer including hiking, climbing, paddling, mountain biking and backcountry ski or snowboard trips. Participants on these experiences will receive state-of-the-sport instruction from our professionally certified student and staff instructors. Also included in the nominal course fee is access to our top-of-the-line equipment and clothing. No prior experience or outdoor equipment is needed to participate in these outings, and community members can sign up for just one trip, or one every weekend.

For those interested in exploring the outdoors on their own or leading others, the **Mountain Leader Course** may be just what you are looking for. This 8 week program exposes participants to the knowledge and skills that outdoor recreationalists and instructors alike require.

Adventure Sports Instructors are driven by a combination of a personal passion for the outdoors and a desire to share that passion with others. Instructors develop skills and experience in consequence-based decision making, leadership, and coaching, combined with technical skills proficiency in the disciplines of their choice. They may also gain highly subsidized, nationally-recognized, awards from SOLO Wilderness Medicine, the American Mountain Guides Association, American Canoe Association, and Bike Instructor Certification Program, among others. Instructor applicants matriculate through the Mountain Leader Course, and upon successful completion, may apply to participate in the **Instructor Training Program**.

A Certificate in Adventure Sports Coaching formalizes the development of outdoor professionals by combining the skills and knowledge attained through the Mountain Leader Course, National Certifications, the **Coach as Educator** course, as well as an extensive logbook of guiding and leadership. Available to students, employees, and outside professionals, this multi-dimensional aggregation of experience and knowledge provides a strong differentiator for those seeking a career in Adventure Sports.

The Adventure Sports Center oversees the student and employee ski pass programs at **Sugarbush Ski Resort**. Students can access this world class resort with two pass options, or can utilize the **Learn to Ski and Ride program** to develop snowsports skills with the professional instructional staff at Sugarbush Resort.

Students may also access a highly discounted access pass to the **Petra Cliffs Indoor Climbing Center** located just a few miles from campus.

Adventure Sports Center Instructors

Our student and employee instructors are driven by their enthusiasm and dedication to Adventure Sports. Our instructional staff is focused on creating appropriate environments that maximize learning and promote success, all while helping participants stay safe during their adventures with us. Instructors excel in leadership, coaching, and decision making, in addition to possessing significant training, experience, and knowledge in specific outdoor disciplines. They are tasked with planning, organizing, and executing technical and non-technical programs in which their peers and professors may be under their care and direction.

Instructor Benefits

Instructors develop technical, leadership, and coaching skills while gaining real-life experience in risk-management and decision making. They work with diverse individuals in a multi-dimensional leadership model.

Instructional staff also have access to a variety of additional opportunities:

- ◆ Access to professional staff to facilitate individual development
- ◆ Access to state of the sport equipment through our outfitter and professional relationships with equipment manufacturers
- ◆ Highly subsidized certification training from professional organizations including:
 - SOLO Wilderness Medicine
 - Bike Instructor Certification Program
 - American Mountain Guides Association
 - British Canoeing
 - American Canoe Association
 - American Institute for Avalanche Research and Education

Finally, our instructional staff develop life-long relationships with their peers and the professional staff.



I built my confidence and bravery to face fear and self-doubt in my daily life and embraced my own potential for success. I employ the leadership and coaching skills developed as an Instructor as I teach as a Fullbright ETA in Malaysia."

Sophia Adams, '18

hiking, paddlesports, and climbing
instructor, Student Association President

Mountain Leader Course

Whether for personal recreation or for achieving aspirations of taking others into the outdoors, the Mountain Leader Course is designed to help you meet those goals. The skills and knowledge gained can be applied to a variety of professional and recreational opportunities.

This 8 week training program includes evening, weekend-day, and overnight programs designed to develop skills and knowledge related to:

- ◆ Clothing and equipment selection and utilization
- ◆ Water disinfection
- ◆ Backcountry shelter
- ◆ Backcountry cooking
- ◆ Navigation
- ◆ Trip and contingency planning
- ◆ Weather forecasting

The course also serves as the initial training requirement for anyone interested in becoming an Adventure Sports Center Instructor or pursuing a Certificate in Adventure Sports Coaching. Participation in all sessions is required, as sessions will build on prior knowledge.

Please attend the informational sessions on Wednesday or Thursday August 28 or 29 at 7 pm in the International Commons building or swing by the office on the ground floor of Alumni North for additional information.

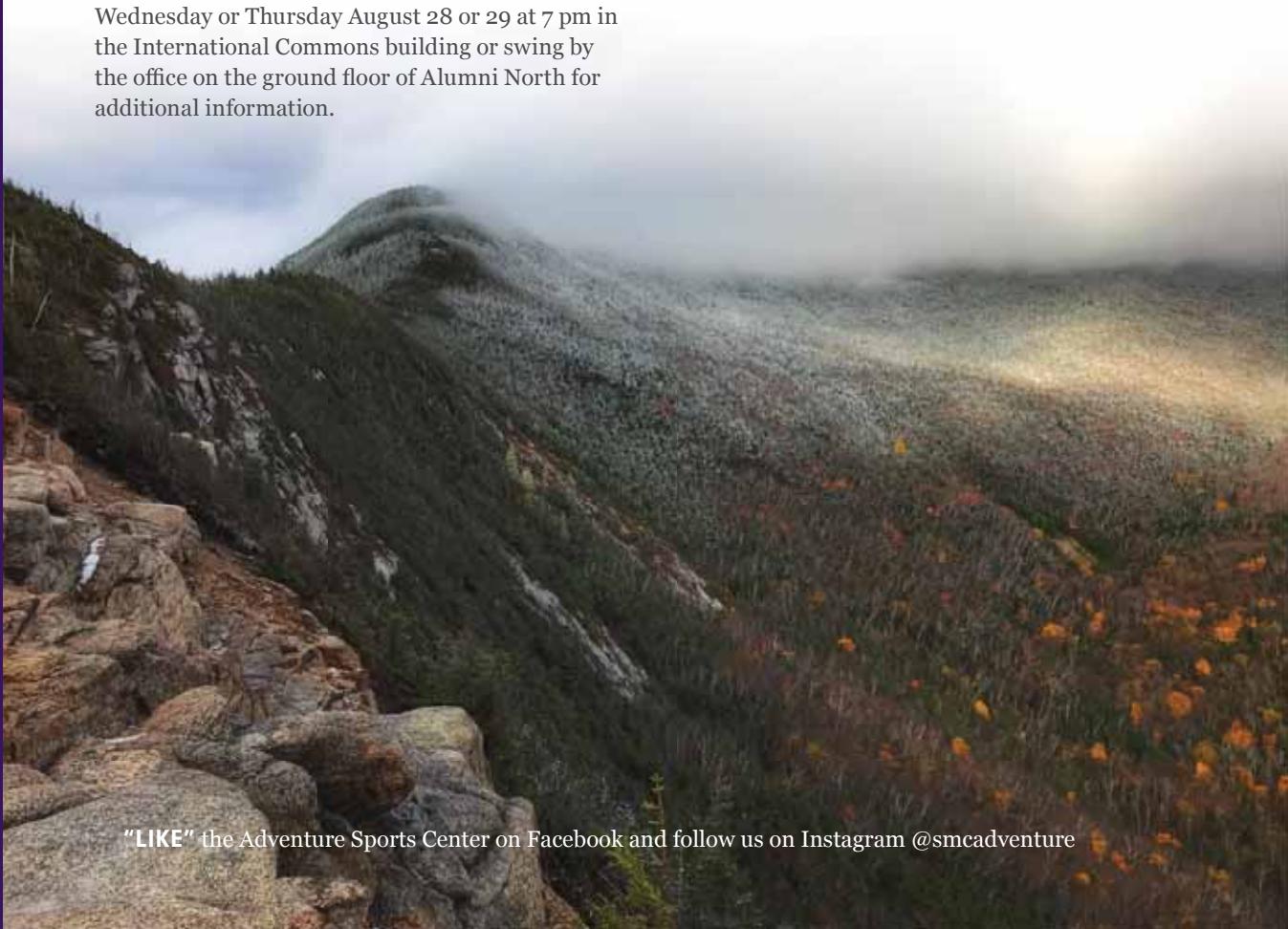
Becoming an Instructor:

All instructor candidates are required to participate in the fall Mountain Leader course. At the conclusion of the Mountain Leader Course candidates may apply to participate in the Instructor Training Program (ITP). Applicants will be selected based on a number of criteria, and those selected will be invited to participate in ITP.

Instructor Training Program components:

- ◆ Leave-No-Trace Trainer
- ◆ January 2020 winter skills training (return to campus early)
- ◆ Ongoing classes in teaching, coaching, and risk management
- ◆ Mentor supported discipline-specific training in climbing, paddlesports, mountain biking and backcountry skiing/riding of participant choice
- ◆ SOLO Wilderness First Responder (May 2020)

At the successful conclusion of the Instructor Training Program, candidates are invited to join our instructional staff and continue their professional development through further training and experience.





The Certificate in Adventure Sports Coaching

Would skills in group management and coaching in a myriad of diverse environments and adventure sports benefit you? Many of our graduates have found themselves working in the adventure/outdoor industry because they happened to graduate with the credentials and experience to be successful in the field. The Certificate in Adventure Sports Coaching (CASC) formalizes this development process, and supports practical teaching, instructing, guiding, and coaching skills, with theory and state of the sport technical training.

The CASC is accessible to all Saint Michael's College students (undergraduate and graduate). The certificate program is also open to community members who hold an undergraduate degree and are interested in expanding, or consolidating, their professional credentials. The program is portfolio based, and combines nationally recognized certification, academic course-work, and practice, with a focus on professional competency.

Students who enter the program will be expected to complete a semester long Mountain Leadership Course, obtain a Wilderness First Responder Certification, obtain two National Body Awards/Certifications, complete The Coach as Educator course, and develop a professional portfolio.

For additional information on the CASC program, please stop by the Adventure Sports Center, or email twright@smcvt.edu.

Professional Training Opportunities

In addition to the Mountain Leader Course, Instructor Training Program, and Certificate in Adventure Sports Coaching, the Adventure Sports Center is proud to offer professional trainings through a number of organizations. These trainings are open to members of the college community and the public.

Among the organizations hosted are:

- ◆ SOLO Wilderness Medicine
- ◆ Bike Instructor Certification Program
- ◆ American Mountain Guides Association
- ◆ British Canoeing
- ◆ American Canoe Association

Extended Programs

In addition to regular weekend programs, the Adventure Sports Center offers extended programs during academic breaks.

Grand Canyon Backpacking Spring Break 2020

Come experience the grandeur of one of America's most spectacular wilderness areas. This extended backpacking trip to the Grand Canyon will take us deep within the canyon walls along the Colorado River. We will travel along primitive trails and camp in undeveloped areas. Participants will learn navigation, cooking, and shelter construction skills, as well as Leave No Trace ethics. It is strongly recommended that participants have hiking experience and be in good health.

Iceland Backcountry Skiing and Riding Spring Break 2020

The Tröllaskagi Peninsula is a remarkable mountain/fjord valley range between Skagafjörður and Eyjafjörður in the North of Iceland boasting numerous peaks above 3000 ft. and a significant maritime snowpack, making it an excellent destination for human powered skiing and riding. We will base out of a self-cater accommodation on the peninsula giving the team numerous routes and aspects to choose from. Given the scope of this expedition, team members must be confident and competent skiing/riding expert off-piste terrain, and possess a high level of aerobic fitness.

South Wales, United Kingdom Sea Paddling May 2020

Pembrokeshire, in the South of Wales, offers some of the most challenging sea paddling venues in the world, abundant wildlife, and a rich cultural history. This expedition program will base out of a self-cater accommodation in St. David's, Pembrokeshire, providing the team with access to a variety of sea venues and local cultural experiences. Given the scope of this program team members must be competent open-water sea paddlers with river kayaking experience.

Wilderness Medicine

Wilderness First Aid

Saturday-Sunday, November 2-3, 2019

Cost: \$110 for students, \$150 for Faculty/Staff, \$170 for General Public

This course introduces participants to the basics of patient care in a wilderness environment. Successful completion of this course will result in a SOLO WFA certification.

Wilderness First Responder Recertification

Saturday-Sunday, April 4-5, 2020

Prerequisite: Current SOLO WFR or W-EMT Certification

Cost: \$120 for Students, \$160 for Faculty/Staff, \$180 for General Public

Anyone who has previously taken a WFR course (or is a W-EMT) can participate in this course to refresh their skills and to keep their certification up to date. After a fast paced, two day program, participants will be recertified under the SOLO Wilderness Medicine standards.

Wilderness First Responder

May 12-19, 2020

8:30 AM-5:00 PM, every day

Cost: TBA

This course takes a more in depth approach to wilderness medicine, and includes patient assessment, management, and prevention. After a mix of both classroom sessions and active scenarios, participants will leave this course with a professional certification (SOLO Wilderness First Responder) that is widely respected in the outdoor leadership field.

Essential Eligibility Criteria

The Saint Michael's College Adventure Sports Center focuses on the instruction of technical and non-technical adventure sport based experiences. The majority of our course offerings take place in remote and dynamic consequence based environments. Therefore, learner/instructor care and security are our primary responsibilities. To fulfill these responsibilities it is imperative that both the learner and instructional staff are capable of, and committed to, individually managing themselves in backcountry/remote environments.

The Saint Michael's College Adventure Sports Center student and professional staff are trained, skilled, and practiced, at teaching/instructing/coaching adventure sports, but are not specifically trained to teach or supervise individuals with disabilities or individuals with specific physical/emotional/behavioral conditions. Therefore, staff cannot be expected to supervise, train, or advocate, for these populations in backcountry environments. The Adventure Sports Center can serve as a resource for these populations by referring agencies and organizations that specialize in providing outdoor training and adventure sports experiences for individuals with disabilities or with specific physical/emotional/behavioral/medical conditions.

All participants engaged in adventure sports at Saint Michael's College are required to meet the Essential Eligibility Criteria (EEC) outlined below. In addition, expedition programming and some technical skills instruction may require additional program specific criteria.

Adventure Sports Center General Essential Eligibility Criteria (EEC)

- ◆ Each participant must complete an Adventure Sports Center Participant Agreement and Health Information Release.
- ◆ Each participant must be able to manage all personal care independently for the duration of the program.
- ◆ Each participant must be able to perform sport specific mobility independently for the duration of the program.
- ◆ Each participant must be able to move effectively in rugged, uneven and/or unstable terrain found in backcountry/non-urban environments.
- ◆ Each participant must be able to put on all sport specific personal protective equipment independently and effectively wear the equipment for the duration of the program.
- ◆ Each participant must be able to respond to visual and verbal commands.
- ◆ Each Participant must be able to communicate effectively up to 150 feet with potential background noise such as wind or rapids.
- ◆ Each participant must possess the agility, balance, coordination, and fitness to accomplish discipline specific tasks.



Fall 2018 Programs

Saturday August 31	► WW Rafting Hudson 1st Year ► Rock 101 1st Year ► Canoe 101 1st Year ► Hike (Beginner) 1st Year ► Sunset Hike 1st Year (Intermediate)
Sunday September 1	► MTB 101 1st Year ► Kayak Touring 1st Year ► Hike (Advanced) 1st Year ► Petra 1st Year
Saturday September 7	► River Kayak ► Hike Full Day (Advanced) ► MTB 101
Sunday September 8	► Rock 101 ► Kayak Touring ► Hike Half Day (Beginner)
Saturday September 14	► Hike Half Day (Intermediate) ► Kayak Touring ► Women's Only Rock 101
Sunday September 15	► Hike Full Day (Advanced) ► Canoe Touring ► MTB 101
Saturday September 21	► WW Rafting Hudson ► Rock Climbing 101 ► Women's Only Kayak Touring
Sunday September 22	► Hike Full Day (Advanced) ► River Kayak
Saturday September 28	► Hike Full Day (Advanced)
Sunday September 29	► Women's Only MTB 101 ► Canoe Touring
Sat-Mon October 5-7	► ADK Backpacking ► ADK Day Hike
Saturday October 12	► Hike Full Day (Advanced) ► MTB 101 ► Women's Only WW Kayak
Sunday October 13	► Rock 101
Saturday October 19	► Hike Half Day (Beginner)
Sunday October 20	► MTB 101
Saturday October 26	► Hike Half Day (Intermediate) ► Rappelling 101

Winter 2019 Programs

Saturday January 18	▶ Hike Half Day (Beginner) ▶ Ski Bus ▶ Ice 101
Sunday January 19	▶ Hike Full Day (Advanced)
Saturday January 25	▶ Hike Full Day (Advanced) ▶ Ski Bus
Sunday January 26	▶ Learn to Ski and Ride Session 1 ▶ Ski Bus ▶ Hike Half Day (Intermediate) ▶ Mountaineering 101
Saturday February 1	▶ Hike Half Day (Beginner) ▶ Ice 101 ▶ Ski Bus
Sunday February 2	▶ Learn to Ski and Ride Session 2 ▶ Ski Bus
Saturday February 8	▶ BC Ski 101 ▶ Hike Full Day (Advanced) ▶ Ski Bus
Sunday February 9	▶ Ice 101
Saturday February 15	▶ Mountaineering 101
Sunday February 16	▶ BC Ski 101
Saturday February 22	▶ Women's Only Ice 101 ▶ BC Ski 101 ▶ Ski Bus
Sunday February 23	▶ Hike Half Day (Intermediate)
Saturday February 29	▶ Mountaineering 101 ▶ Hike Half Day (Beginner) ▶ Ski Bus
Sunday March 1	▶ Hike Full Day (Advanced)
Saturday March 7	▶ Ice 101 ▶ Ski Bus
Sunday March 8	▶ BC Ski 101 ▶ Hike Full Day (Advanced)





Hike

Are you interested in learning first hand why Vermont is called the Green Mountain State or perhaps more interested in a simple and leisurely walk through the beautiful countryside? Either way, the Adventure Sports Center offers a variety of day hikes, at a myriad of stunning locations, for hikers of any level of experience. Your \$5 fee covers transportation, guides, and any clothing or equipment you might need to borrow.

Beginner Hikes These trips are for those interested in exploring the great outdoors in a more relaxed fashion. Not just for beginners, these hikes are just a few hours long, and shorter than 4 miles. You might get to see the view from Butler Lodge on the side of Mt Mansfield or the vista of Abbey Pond.

(8/31, 9/8, 10/19)

Intermediate Hikes These hikes are ideal for folks who are looking to introduce a more significant challenge to their outdoor experiences. Intermediate hikes are often 4-6 miles, with more uphill, and last about half a day. Destinations for intermediate hikes could be Stowe Pinnacle high above Stowe Mountain resort, or Devil's Gulch on the Long Trail.

(8/31, 9/14, 10/26)

Advanced Hikes For those looking to bag some iconic peaks, or anyone who is up to the challenge, our full day hikes will certainly provide. These hikes cover at least 6 miles and can lead you to the top of some of the tallest peaks Vermont has to offer, like the summits of Mt Mansfield or Mt. Ellen.

(9/1, 9/7, 9/15, 9/22, 9/28, 10/12)

We also offer extended hiking trips you might enjoy.

Adirondack Backpacking
Saturday, October 5- Monday, October 7
\$50/person

Join us for a three day backpacking adventure through the beautiful Adirondack Mountains of New York. You will learn all about proper management of self and group in an extended outdoor setting. Participation in one previous day hike is required in order to be a part of this trip.

Adirondack Day Hike
Saturday, October 5- Monday, October 7
\$50/person

Spend two nights at an established campground in the stunning Adirondack Mountains. Hikes during the day will allow you to explore this massive State Park, and experience what the mountains have to offer.



Paddle Sports

Fundamentals of Sea Kayaking and Lake Champlain Tour (\$15/person)

Sunday, September 1, 9:30 AM (First Years and Transfers Only)

Sunday, September 8, 9:30 AM

Saturday, September 14, 9:30 AM

Saturday, September 21, 9:30 AM

(Women's Only)

Enjoy a day of paddling on beautiful Lake Champlain where you will learn the basics of paddling technique and safety skills, all while taking in the picturesque scenery of our own backyard.

Fundamentals of White-Water Kayaking (\$15/person)

Saturday, September 7, 9:30 AM

Sunday, September 22, 9:30 AM

Saturday, October 12, 9:30 AM (Women's Only)

Spend a day paddling on one of our beautiful local rivers. You will be introduced to white-water kayaking, which includes learning how to operate in a dynamic river environment, as well as getting comfortable on the water.

White Water Rafting on the Hudson (\$65/person)

Saturday, August 31, 6:00 AM (First Years and Transfers Only)

Saturday, September 21, 6:00 AM

Take an exciting rafting trip down the Hudson as you navigate rapids and experience the river like never before, professionally guided by Wild Waters Outdoor Center.

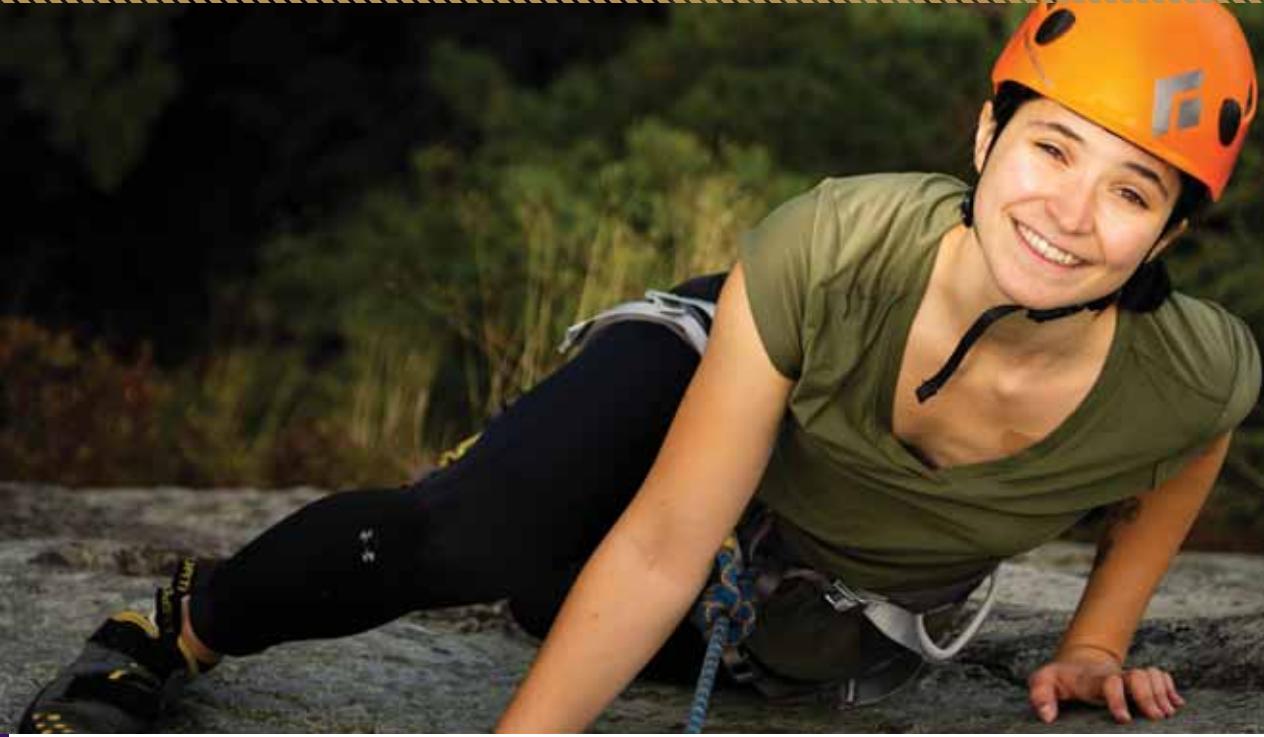
Fundamentals of Canoe Touring (\$15/person)

Saturday, August 31, 9:30 AM (First Years and Transfers Only)

Sunday, September 15, 9:30 AM

Sunday, September 29, 9:30 AM

Learn the basics of canoe movement and safety while cruising around in some of Vermont's most scenic rivers and lakes.



Climbing

First Year and Transfer Student Only

Petra Cliffs Indoor Climbing-

Sunday, September 1, 2:00 PM

Take a trip down to our local rock-climbing gym, Petra Cliffs, and enjoy an evening of climbing and getting to know your fellow students!

**Fundamentals of Rock-Climbing
(\$15/person)**

Saturday, August 31, 9:00 AM (First Years and Transfers Only)

Sunday, September 8, 9:00 AM

Saturday, September 14, 9:00 AM
(Women's Only)

Saturday, September 21, 9:00 AM

Sunday, October 13, 9:00 AM

Start off your climbing career on some of the best rock that New England has to offer. On this trip, you will learn and practice basic climbing skills and techniques with our first-rate instructors.

Rappelling Day (\$15/person)

Saturday, October 26, 9:00 AM

Learn the basics of rappelling with our instructors as you descend a variety of local rock faces.

Petra Cliffs Climbing Pass

For only \$65, you will have access to Petra's state of the sport climbing facility for the entire 2019-2020 academic year. This year the pass includes 2 guest passes a month, so you can share the experience with a friend. Located a mere 15-minute drive from campus Petra is a great place for you to develop your abilities or begin your climbing journey.



Biking

**Fundamentals of Mountain Biking
(\$15/person)**

Sunday, September 1, 12:00 PM (First Years and Transfers Only)

Saturday, September 7, 12:00 PM

Sunday, September 15, 12:00 PM

Sunday, September 29, 12:00 PM
(Women's Only)

Saturday, October 12, 12:00 PM

Sunday, October 20, 12:00 PM

Looking to learn the basics of bike movement and maintenance? On these trips, you will receive first hand knowledge from our instructors as you take a rip on some of the best trails Vermont has to offer.

Sugarbush Ski Pass

The Adventure Sports Center is offering a great deal to any student who is interested in spending some quality time hitting the slopes this winter! Just an hour from campus, Sugarbush boasts 111 trails, 28 wooded areas, 3 terrain parks, and 2,600 feet of vertical! All of this means a multitude of options for skiers and snowboarders of any skill level. The Sugarbush pass provides a full season's worth of access to everything the mountains have to offer. Saint Michael's also offers transportation to the mountain every Saturday at 9:00 AM!

There are a few options for those interested in the Ski and Ride program:

Value Pass

\$85.00

Provides students unlimited access to Mt. Ellen and access to Lincoln Peak mid-week for less than the cost of a one-day lift ticket. Value Pass holders can also ski Lincoln Peak in the early and late season, before and after Mt. Ellen is open.

Premium Pass

\$150.00

Offers pass holders unlimited access to all of the skiing and riding Mt. Ellen and Lincoln Peak have to offer! Plus, premium pass holders get 50% off lift tickets to all 2019/2020 Mountain Collective Resorts.*

*On top of all that, St. Mike's students can Add Mad to the premium pass for an extra \$50 they get access to ski at Mad River Glen. So many mountains, such little time!

Ski and Ride

Learn to Ski or Snowboard

Sunday, January 26, 7:00 AM

Sunday, February 2, 7:00 AM

Interested in learning to ski or ride but not sure where to start? Sugarbush and Saint Mike's are offering a 2-session program for just \$50. This experience is designed to get you familiar with either skiing or snowboarding, and get you comfortable on the mountain. Gear and transportation are provided. After completing this course, you will also receive a Sugarbush Value Pass, which provides access to the mountain for the rest of the season!





Winter Hiking

Enjoy the fresh Vermont air this winter season by joining us on a variety of snowshoe hikes. These trips will allow you to experience trekking over deep snow banks under snowy skies. Just like our hiking trips, our snowshoe excursions are offered at varying difficulty levels. Each snowshoe trip is \$5 per person.

Beginner Hikes These trips are for those interested in exploring the great outdoors in a more relaxed fashion. Not just for beginners, these hikes are just a few hours long, and shorter than 4 miles. Do you want to follow a carriage road to the top of Snake Mountain and for views of Lake Champlain and the Adirondack Mountains? [\(1/18, 2/1, 2/29\)](#)

Intermediate Hikes These hikes are ideal for folks who are looking to introduce a more significant challenge to their outdoor experiences. Intermediate hikes are often 4-6 miles, with more uphill, and last about half a day. Perhaps you'll take a trip to cozy Butler Lodge on the side of Mt. Mansfield.

[\(1/26, 2/23\)](#)

Advanced Hikes For those looking to bag some iconic peaks, or anyone who is up to the challenge, our full day hikes will certainly provide. These hikes cover at least 6 miles and can lead you to the top of some of the tallest peaks Vermont has to offer, like the summits of Mt Mansfield or Mt. Ellen.

[\(1/19, 2/25, 2/8, 3/1, 3/8\)](#)



Backcountry Ski/Ride (\$15/person)

Saturday, February 8, 8:00 AM

Sunday, February 16, 8:00 AM

Saturday, February 22, 8:00 AM

Sunday, March 8, 8:00 AM

Are you able to ski/ride in intermediate / expert wooded terrain in varied conditions and interested in bringing your ski/ride experience to the next level? On these trips, you will learn from our instructors how to skin uphill and navigate back down safely through a variety of terrain.



Ice Climbing and Mountaineering

Fundamentals of Ice Climbing (\$15/person)

Saturday, January 18, 7:30 AM

Saturday, February 1, 7:30 AM

Sunday, February 9, 7:30 AM

Saturday, February 22, 7:30 AM (Women's Only)

Saturday, March 7, 7:30 AM

Looking for a new and exciting experience this winter? Take a trip to beautiful Smuggler's Notch, where our trained instructors will teach you the basics of ice climbing in this world famous winter playscape.

Fundamentals of Mountaineering (\$15/person)

Sunday, January 26, 7:30 AM

Saturday, February 15, 7:30 AM

Saturday, February 29, 7:30 AM

Looking for something a bit more exciting and challenging than a snowshoe hike? Join us in Smugglers Notch where you will experience the basics of mountaineering, including how to navigate using a fixed line and learning to travel within a rope team.

Program Registration

You can register for any of our trips by visiting the Adventure Sports Center, located in the ground floor of Alumni North. Our programs can fill up fast, so trip sign ups are on a first-come first-served basis.

Equipment Rental and Usage

Any necessary clothing and gear can be obtained through the Adventure Sports Center, free of charge for program participants, and at a reduced rate for students who want to adventure on their own. Visit the Adventure Sports Center for more details.

E-Mail List

Another great way of staying up to date on everything we have to offer is by signing up for our e-mail list. You can access this from the “Mailing Lists” page on your SMC portal, and clicking subscribe next to “Adventure Sports Center.”

Contact Us

Any questions you may have can be answered by calling the Adventure Sports Center at 802.654.2614 or visiting our website at: www.smcvt.edu/adventure. You can also “Like” the Saint Michael’s College Adventure Sports Center on Facebook, or follow us on Instagram (@smcadventure) to get updates on upcoming trips and trainings.

Saint Michael’s College

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