



2021-2022



Guide to Adventure



*Where will your
adventure begin?*



The
Adventure Sports Center
SAINT MICHAEL'S COLLEGE

Ramble On
Hiking (p.6)

Scramble Up
Rock Climbing (p.6)

Splash
Sea Kayaking (p.8)

Cool Off
River Kayaking (p.8)

Buddy Up
Canoeing (p.8)

Cruise
Mountaing Biking (p.9)

Wander Out
Snowshoeing (p.10)

Chill Out
Ice Climbing (p.11)

Ascend
Mountaineering (p.11)

Shred
**Backcountry Skiing and
Snowboarding (p.12)**

Slide
**Lift Served Skiing and
Snowboarding (p.13)**

Your Path to Adventure

These Programs are for:

- ◆ People who have never had the opportunity for these experiences.
- ◆ Those looking to broaden or deepen their outdoor skills.
- ◆ Anyone who wants to learn to lead or teach others in the outdoors.

On any trip you'll get:

- ◆ An Inclusive, Supportive environment for experiencing and learning.
- ◆ State-of-the-Sport instruction from peers and working professionals.
- ◆ Top-of-the-line technical equipment and outdoor clothing.

Beyond Day One

If you are interested in something beyond a one day experience the Adventure Sports Center has opportunities for you.

The **Mountain Leader Course (p. 5)** is open to all who wish to learn more about venturing into the wilderness on their own or as a group leader. Explore what to bring, how to find your way and what to do if things don't go as planned.

Adventure Sports Center Instructors are highly motivated, trained and driven by their enthusiasm for introducing others to Adventure Sports. Instructors have all taken the **Mountain Leader Course**, applied to and completed the **Instructor Training Program (p 5)**.

The Adventure Sports Center is an endorsement partner with the **Undergraduate Professional Endorsement Program (p. 5)** providing professional training and certification opportunities (**p. 14**) as well as facilitating the opportunity to earn an Endorsement in Adventure Sports Coaching.

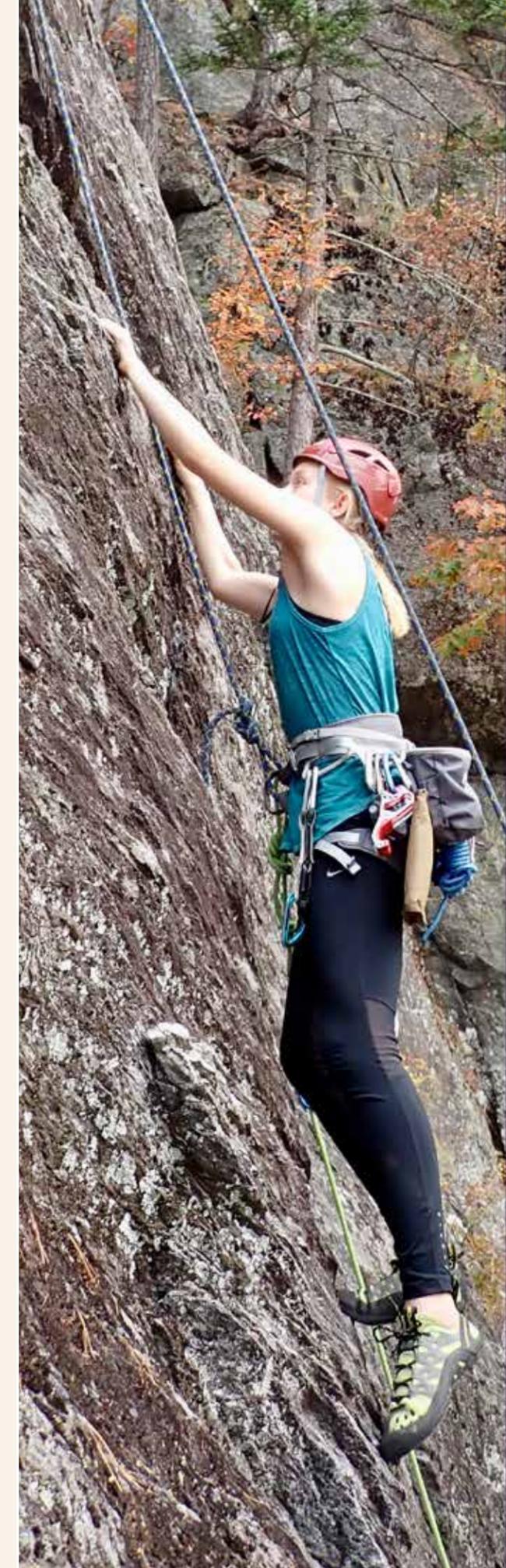
The **Sugarbush Pass Program (p. 13)** offers Saint Michael's College undergraduate students access to unrivaled skiing and snowboarding opportunities with full season passes starting at just \$85.

The \$50 **Learn to Ski and Ride (p. 13)** program is an amazing way to find a lifelong passion.

For less than the cost of a 1-month membership students have 8 months of access to **Petra Cliffs Indoor Climbing Center (p. 7)**.

The **Grand Canyon Backpacking Program (p. 6)** is an amazing opportunity to explore one of the world's treasures.

Sea Kayaking in South Carolina (p. 8) is a great chance to develop skills in a fun, relaxing environment.



Adventure Sports Center Instructors

ASC Instructors are motivated by their enthusiasm for Adventure Sports and their desire to share those experiences with others. All instructors matriculated through the **Mountain Leader Course** and were selected to participate in the **Instructor Training Program**.

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.

Additionally, instructors:

- ◆ Work closely with professional staff to facilitate individual development.
- ◆ Have access to state of the sport equipment through our outfitter and relationship with equipment manufacturers.
- ◆ Participate in subsidized certification training from professional organizations such as; the American Canoe Association, American Mountain Guides Association, the Bike Instructor Certification Program and others.
- ◆ Join a network of hundreds of Adventure Sports Center instructor alumni and professional staff.

“

I have recently been made the manager of the permaculture farm where I work. Now I am running the garden and teaching people from all over the world how to harvest vegetables, make garden beds, and build compost heaps. It dawned on me recently that although I am not leading a hike in the Green Mountains, my instructor training through the Adventure Sports Center laid down the groundwork for me to step up into this leadership position. I cultivated the coaching, teaching, and leadership skills that I use in the garden each day.”

Lindsey Rogers, '18



Learning More

Mountain Leader Course

If you are interested in exploring the great outdoors on your own or taking others into the wilderness, this program is for you. Whether you've never hiked, or if you have spent weeks carrying your home on your back, there is always something to learn.

The Mountain Leader Course includes:

- ◆ 3 Field training days
- ◆ 8 classroom sessions
- ◆ 2-day SOLO Wilderness-First Aid course

To learn more:

- ◆ Attend a short informational session held September 2nd, 7th or 8th.
- ◆ Drop by the Adventure Sports Center Office on the ground floor of Alumni North.
- ◆ Email wwidlund@smcvt.edu

The program starts the week of September 13 so don't delay.

Instructor Training Program:

The Adventure Sports Center relies on the professional and respected student and staff instructors. Completion of the Mountain Leader Course provides the opportunity to apply to join this incredible group.

The Instructor Training Program includes:

- ◆ Ongoing sessions in coaching and risk management.
- ◆ Early return winter skills training January 12-16, 2022
- ◆ Wilderness First Responder May 2022

Professional Endorsement in Adventure Sports Coaching

The Undergraduate Professional Endorsement Program at Saint Michael's College aims to provide you with opportunities to prepare yourself for the workforce, gain professional experience, and receive credentials in areas of interest—setting you up by setting you apart. Your success after graduation will depend on what you learned, but also on whether you can set yourself apart from other candidates. In conjunction with the Adventure Sports Center, you can earn a Professional Endorsement in Adventure Sports Coaching.



Hiking

The mountains, hills and valleys of Vermont offer a myriad of hiking opportunities. From a long day on Mount Mansfield to a few hours stroll through Nebraska Notch, the Adventure Sports Center offers ways to explore at many levels. The \$5 trip fee includes transportation, guides, and any clothing or equipment you might need to borrow. Exact trip locations will be determined by instructors at the beginning of each semester but opportunities for all levels will be offered. *All participants must meet the Essential Eligibility Requirements on page 15.*



Saturdays
9/4* ♦ 9/11 ♦ 9/25 ♦ 10/9 ♦ 10/30

Sundays
9/5 ♦ 9/12 ♦ 9/19 ♦ 10/3 ♦ 10/24

*(First Year and Transfer Student Only)

Grand Canyon Backpacking Spring Break 2022

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. It is strongly recommended that participants have hiking experience and be in good health. The group size is limited and selection will occur in September. Look for informational sessions or email wwidlund@smcvt.edu for more information.



Rock Climbing

Spend a day learning the basics of climbing movement and safety in a relaxed and fun atmosphere on one of our local cliffs. No experience is necessary and the \$15 trip fee covers instruction, equipment, clothing and transportation. *All participants must meet the Essential Eligibility Requirements on page 15.*

Saturdays
9/4* ♦ 9/18 ♦ 10/9

Sundays
9/12 (Women Only) ♦ 10/3

*(First Year and Transfer Student Only)

In addition to outdoor rock climbing, students can purchase an \$85 pass to **Petra Cliffs Climbing Center** which covers unlimited indoor climbing during the academic year.



Paddling

Vermont offers a plethora of lake and river paddling choices to explore. A \$15 fee includes instruction, clothing, equipment and transportation. No experience is necessary for any program. *All participants must meet the Essential Eligibility Requirements on page 15.*



Open Water (Sea) Kayaking

Enjoy a day of paddling on one of Vermont's lakes while you develop techniques and safety skills. Take a journey along some of the most beautiful shoreline in the northeast.

Saturday
9/25

Sundays
9/5* ♦ 10/10

*(First Year and Transfer Student Only)

Sea Kayaking in Charleston, SC Spring Break 2022

Travel to a premier sea kayaking destination offering moderate temperatures, sandy beaches, excellent surf, and dynamic conditions. This program is for novice and intermediate paddlers interested in developing their skills and challenging themselves in open water venues. We will be basing out of elevated cabins on James Island, giving us access to a variety of venues for surf, tidal play, navigation and tours. The group size is limited, and selection will occur in September. Look for informational sessions or email cmorton@smevt.edu for more information.



Saturday
9/11 ♦ 10/2

River (Whitewater) Kayaking

Vermont's iconic rivers offer fantastic opportunities for beginners and experienced paddlers alike. You'll learn how to maneuver in and out of current and try your hand at some rapids.



Saturday
9/18

Canoe Touring

Canoeing provides a great way to explore the local rivers while developing lifelong paddling skills. You'll work with other students and our instructors as you cruise downstream.

Mountain Biking

If you are interested in trying trail biking, or in furthering your riding skills, these trips are for you. A top-of-the-line bike, helmet, instruction and transportation are yours for the day for \$15. While no mountain biking experience is necessary, you do need to know how to ride a bicycle. *All participants must meet the Essential Eligibility Requirements on page 15.*

Saturdays
9/11 ♦ 10/2

Sundays
9/5* ♦ 9/19 ♦ 10/10 (Women Only)

*(First Year and Transfer Student Only)





Winter Hiking

Winter introduces a whole new look to Vermont's woods and mountains. From the rocky summit of Camel's Hump to Sterling Pond's wooded landscape, there is something for everyone. All required equipment and clothing, as well as transportation and guides are included in the \$5 trip fee. *All participants must meet the Essential Eligibility Requirements on page 15.*

Saturdays
1/29 ♦ 2/12 ♦ 2/19 ♦ 2/26 ♦ 3/5

Sundays
1/23 ♦ 2/6 ♦ 2/27 ♦ 3/6

Winter Climbing

Use crampons, ice axes and ropes to ascend to new heights. Our climbing staff will provide instruction, equipment, clothing and transportation for just \$15. No experience is necessary, but participants should be ready for a full day out. *All participants must meet the Essential Eligibility Requirements on page 15.*

Ice Climbing

Take a trip to beautiful Smugglers Notch and experience this incredible sport. We'll start with lower angle terrain and transition to more difficult climbs as your skills build.

Saturdays
1/22 ♦ 2/12 (Women Only) ♦ 2/26

Sunday
2/6



Mountaineering

If you are looking for a day of travel more challenging than hiking, then mountaineering is for you. Combining ropes, crampons, and ice axes you'll have the chance to ascend a classic gully in Smugglers Notch.

Saturdays
1/29 ♦ 3/5



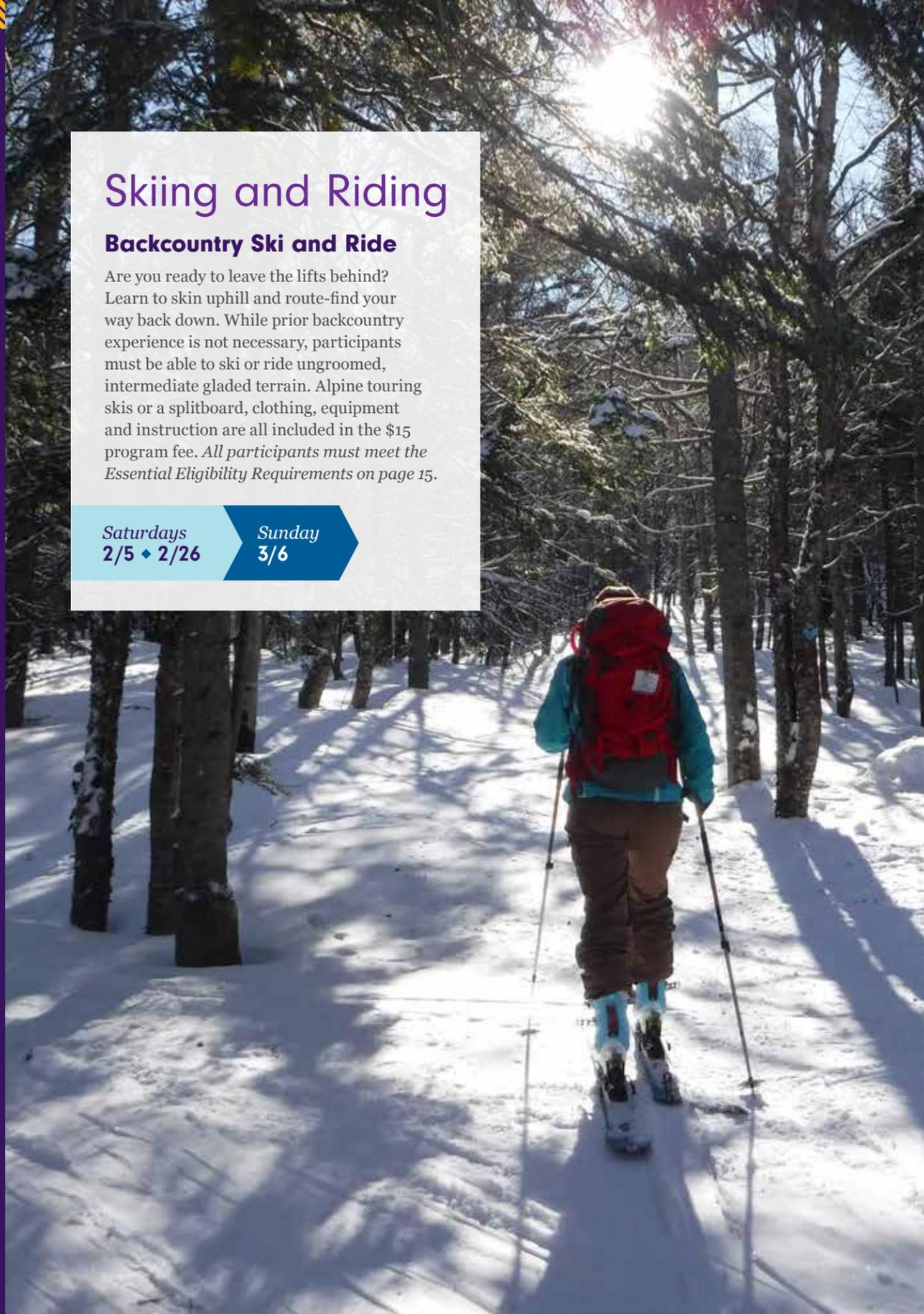
Skiing and Riding

Backcountry Ski and Ride

Are you ready to leave the lifts behind? Learn to skin uphill and route-find your way back down. While prior backcountry experience is not necessary, participants must be able to ski or ride ungroomed, intermediate gladed terrain. Alpine touring skis or a splitboard, clothing, equipment and instruction are all included in the \$15 program fee. *All participants must meet the Essential Eligibility Requirements on page 15.*

Saturdays
2/5 ♦ 2/26

Sunday
3/6



Sugarbush Ski Pass

Sugarbush ski area boasts over 100 trails, 28 glades, 3 terrain parks and 2600 feet of vertical terrain offering opportunities for skiers and riders of all abilities and interests. The Sugarbush passes provide a full season's worth of access, and Saint Michael's offers transportation most weekends.

Pass Options

Value Pass: \$85

Provides unlimited access to Mt Ellen and week-day access to Lincoln Peak for less than the cost of a day ticket. Early and late season access to Lincoln Peak is also included.

Premium Pass: \$150

Unlimited access to Lincoln Peak and Mt Ellen.

Add Mad: \$200

Add Mad River Glen to a Premium Pass for an additional \$50.

Learn to Ski and Ride

Want to learn how to ski or snowboard? Get two full days of lessons, rentals and lift tickets for only \$50. Students that attend both sessions receive a season's pass. Stay tuned to the AdSports and Sugarbush email distribution lists to find out more about this opportunity.

Sugarbush Bus

Looking for a free ride to the Mountain? The Adventure Sports Center sponsors a bus or van almost every weekend. Prior registration at the Adventure Sports Center to sign up is required.

Professional Training Opportunities

The Adventure Sports Center is proud to offer professional training and certification opportunities through a variety of providers. These trainings are open to members of the college community and the public.

Hosted organizations include:

- ◆ American Canoe Association
- ◆ American Mountain Guides Association
- ◆ Bike Instructor Certification Program
- ◆ British Canoeing
- ◆ SOLO Wilderness Medicine
- ◆ Leave No Trace

Wilderness Medicine

The Adventure Sports Center is pleased to host SOLO Wilderness Medicine Courses.

Wilderness First Aid

This intensive, hands-on two-day course introduces participants to the basics of patient care in a wilderness environment. Successful completion results in a SOLO WFA certification.

Wilderness First Responder Review

This two-day course will refresh the skills and knowledge of currently certified Wilderness First Responders and Wilderness EMT's.

Wilderness First Responder

This course is the standard for professionals in adventure sports and useful for recreationalists. A mix of classroom and active scenarios encompass patient assessment, management and prevention.

Drop by the office, call the Adventure Sports Center at 802.654.2614, or email wwidlund@smcvt.edu for more information about these programs.

Essential Eligibility Criteria

All learners in adventure sport programming 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.

PLEASE NOTE it is important that you carefully read through the essential eligibility criteria (EEC) and self-assess. Make sure that you ask for clarification for anything you are unsure of. Some of the EEC will be assessed by ASC instructors at the start of the program because they are critical for managing risk and providing a more enjoyable program.

General Essential Eligibility Criteria (EEC)

- ◆ Each LEARNER must complete an Adventure Sports Center Participant Agreement and Health Information Release.
- ◆ Each LEARNER must be able to manage all personal care independently including, but not limited to, hydration, nutrition and temperature management for the duration of the program.
- ◆ Each LEARNER must be able to perform sport specific mobility independently for the duration of the program.
- ◆ Each LEARNER must be able to move effectively in rugged, uneven and/or unstable terrain found in backcountry environments.
- ◆ Each LEARNER 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 LEARNER must be able to respond to visual and verbal commands.
- ◆ Each LEARNER must be able to communicate effectively with potential obstacles and background noises such as wind, rapids, waves, and cliffs.
- ◆ Each LEARNER must possess the agility, balance, coordination and fitness to accomplish discipline specific tasks.

Paddlesports

In addition to the criteria listed in the General EEC above:

- ◆ Each Learner must be able to swim effectively while wearing a sport-specific, well-fitted Life-Jacket.

- ◆ Each Learner must be able to enter and exit a kayak/canoe and maintain a balanced and upright position independently. This is to be completed without adjuncts.
- ◆ Each Learner must be able to perform a "wet-exit" from a capsized kayak (w/spray deck) or canoe effectively.

Day Hiking/Trekking/Climbing/Wilderness Medical Training

In addition to the criteria listed in the General EEC above:

- ◆ Each Learner must be able to carry a day pack weighing up to 25 pounds, or a multi-day backpack weighing up to 50 pounds, up to a distance of 10 miles in rugged terrain over the course of a day independently.

Backcountry Skiing/Ski Mountaineering

In addition to the criteria listed in the General EEC above:

- ◆ Each Learner must be able to ski or ride proficiently in intermediate terrain that is ungroomed and gladed.

Mountain Biking

In addition to the criteria listed in the General EEC above:

- ◆ Each Learner must be able to ride (i.e. pedal, steer, and brake) and maintain a balanced position on a trail/mountain/cross-country specific bicycle on off road (non-paved), rugged and uneven terrain for a distance of up to 5 miles.
- ◆ Each Learner must be able to ride with a small pack up to 10 pounds on off road (non-paved), rugged and uneven terrain for a distance of up to 5 miles.

Program Registration

You can register for any Adventure Sports programs by visiting the office on the ground floor of Alumni North. Our programs fill up fast, signups are on a first-come, first served basis and require payment of trip fees to hold a space.

- ◆ Monday and Tuesday: 9 am - 4 pm
- ◆ Wednesday and Thursday: 10 am - 2 pm
- ◆ Friday: 9 am - noon
- ◆ Appointments available outside of these hours

E-Mail List

Stay up to date on offerings by subscribing to our email list. Every week we will send out an up-to-date listing of upcoming programs as well as information on the Sugarbush Pass. You can access it from the “Mailing Lists” page on your SMC Portal. Consider registering for the “AdSports” list and the “Sugarbush” lists.

Equipment Rental and Usage

Any equipment or technical clothing that is necessary for our programs is available as a part of the trip fee. In addition, you can rent equipment for your own hiking adventure (packs, tents, sleeping bags, snowshoes, etc) from our outfitter for a nominal fee. We do not rent out climbing, biking, paddling or skiing equipment.

Contact Us

If you have further questions:

- ◆ Drop by our office on the Ground floor of Alumni North.
- ◆ Visit www.smcvt.edu/student-life/student-activities/adventure-sports-center/
- ◆ Call us at 802.654.2614
- ◆ Email us at Adventuresports@smcvt.edu

Follow us on Instagram @smcadventure and “Like” the Saint Michael’s College Adventure Sports Center on Facebook.

Saint Michael’s College

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