

WOMEN'S WEEK

HOTHAM



MORE INFORMATION

What does female only tuition offer?

In a nutshell, female programs provide better results as the programs have been specially developed for women – both in terms of technique and the learning experience. According to Hotham instructor Heidi Ettlinger, “Women value listening, communicating and participating in a non-critical and supportive environment. Improving skills often involves moving out of your comfort zone and taking risks in a less stressful environment. Women thrive on the group’s mutual support and are willing to share their feelings of fear and excitement, which boost their confidence and ‘can do’ attitude.”

How do men and women differ on the slopes?

The physiological differences between men and women result in different training and technical requirements. Typically, women have narrower shoulders, wider hips and shorter legs, meaning they carry the bulk of their weight lower on their bodies than men. This means a woman's centre of gravity is lower and further back. As a result, women are more prone to sitting back on their skis. In addition, since women usually weigh less than men of comparable height, they need to use more force in their turns to get the same response as men from their equipment.

Not only do women ski and board differently to men, they learn differently too. Ettlinger says, “Women tend to use ‘whole brain’ thinking, due to having 30% more connections between the right and left hemispheres of the brain. This gives women their well-known advantage in multitasking and a greater range of sensory perceptions. Women tend to like more context in their learning (for example, why, where, how) rather than just doing it, so we make sure we provide that at Hotham.”

What can women expect to learn in a women's program?

Ettlinger likens the outcome of a women’s program to “a travelling tool box of realistic tips” that women can take with them throughout their own mountain travels” and provides examples such as ways to deal with the steepness of a trail or overcoming changing snow conditions. “The camaraderie that builds during these events launches most women above and beyond what they originally thought they were capable of doing. Women realise they can have fun exploring the mountain rather than fearing they don’t have the skills to be adventurous,” she says.

It's never to late to learn

Innovations in skiing/boarding equipment, boot fitting and improvements in the science of instruction have made learning easier than ever. “Women should remember that they can choose how they’d like to enjoy the sport. They can be a goddess of the green trails or a black diamond babe on the bumps. Both are equally rewarding and offer a way to embrace the mountains in all their glory,” says Ettlinger.

Instructors for the women’s programs are hand-picked to ensure they are the cream of Hotham’s talented crop, providing participants with the perfect mix of experience, encouragement and friendship.