

QAST provides programmes for athletes to enhance their athletic skill, and in the process of doing so, to build character. It is a place to learn core values, commitment, teamwork, loyalty, sportsmanship, humility and integrity. It is a place to learn self management, work ethic, discipline, focus, self motivation and healthy competitive attitudes. Our coaches aim to enhance these elements in programmes which build self-esteem and a sense of accomplishment while enabling our athletes to achieve their full potential in apline ski racing in an environment of friendship and fun.

## Details

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