

How to Create Your Class

Follow the steps below to **complete your onboarding**:

This guide shows you how to complete the final step of your onboarding which is the creation of your Course Registration URL.

1. Your edits to this template will help create the Registration URL that your participants will use to learn about your course and then register.
2. ATP will review your edits and finalize the publishing to alpinetrainingproject.com.
3. After this your course will be live for registration on alpinetrainingproject.com.
4. We will share your registration link to you.
5. You will use this link to email, text, or create QR codes to market your class to potential participants.
6. From there you are able to monitor registrations for your Instructor Dashboard

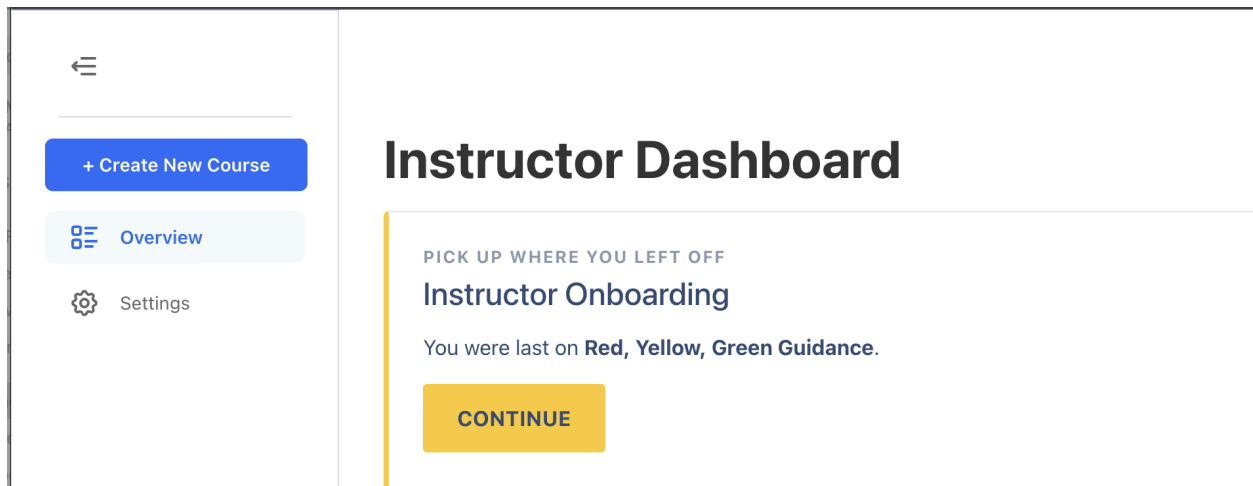
How to Create Your Course:

Step 1:

Open this URL in a new tab and then go back to your instructor dashboard.

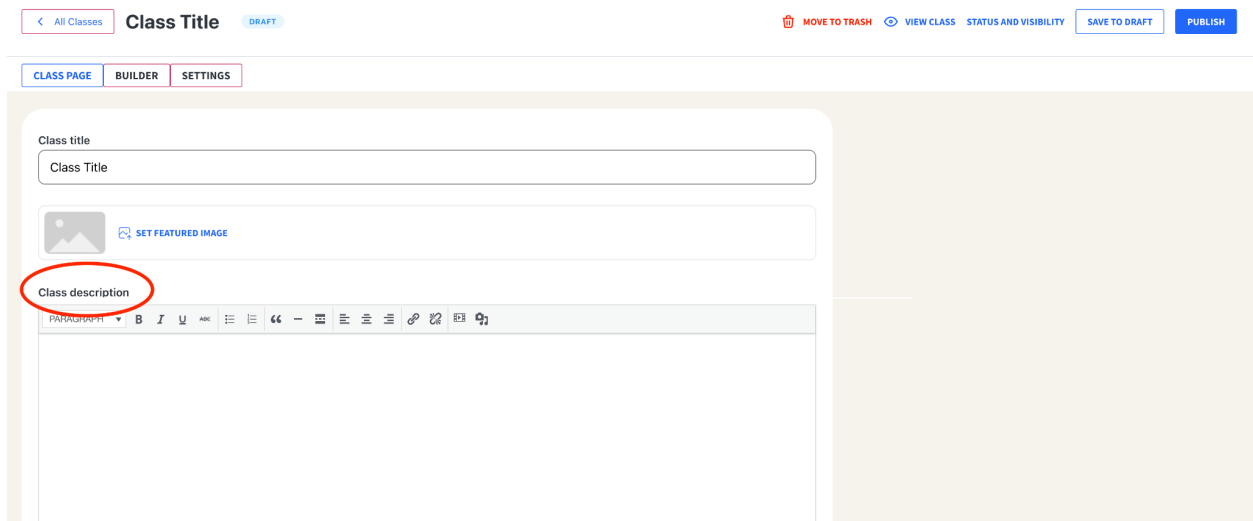
Step 2:

In your Instructor Dashboard click on the blue button in the upper left hand corner that says "Create New Course"



Step 3:

Copy the text in “**Step 9**” and paste it into the “Class Description” Text Field.



Step 4:

1. Within your “Class Description” text field update the following text field held in [brackets].
2. *Remove brackets and highlighting as shown below:*

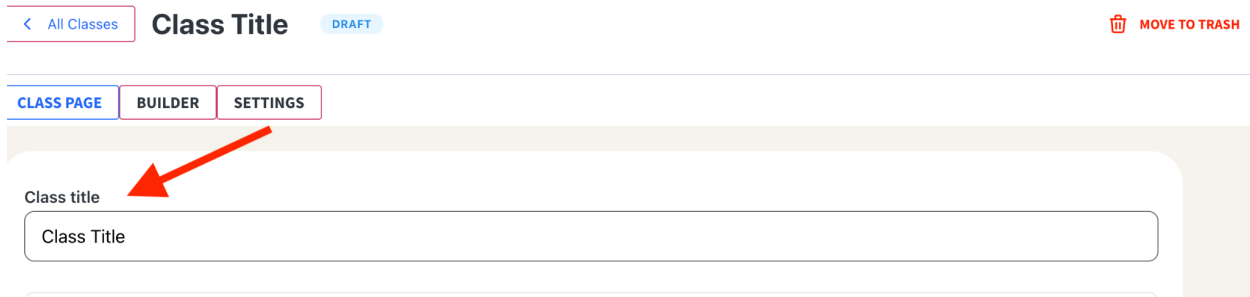
Example [Instructor Name, PT] = Chad Skierman, PT.

Step 5:

Proofread and verify that all information is accurate and ready for publishing.

Step 6:

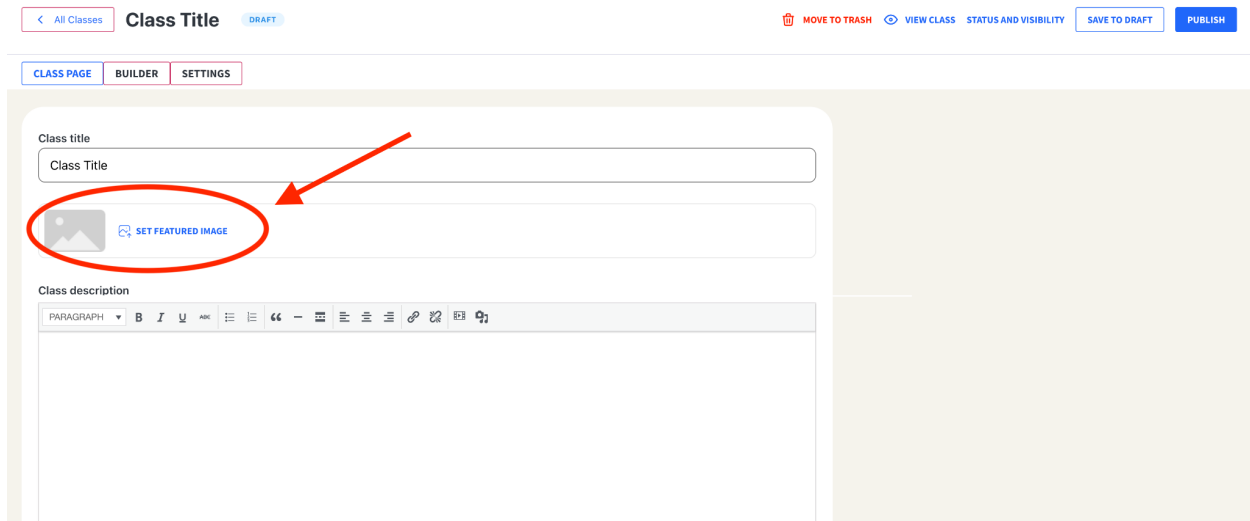
Copy the “Page Title Tag” from Step 9 and paste it into the text field labeled “Class Title”



The screenshot shows the 'Class Builder' interface. At the top, there is a navigation bar with a back arrow, 'All Classes', 'Class Title', and a 'DRAFT' status. On the right, there is a 'MOVE TO TRASH' button. Below the navigation bar, there are three tabs: 'CLASS PAGE', 'BUILDER', and 'SETTINGS'. The 'BUILDER' tab is active. In the 'BUILDER' tab, there is a 'Class title' label above a text input field. A red arrow points to the text input field, which contains the text 'Class Title'.

Step 7:

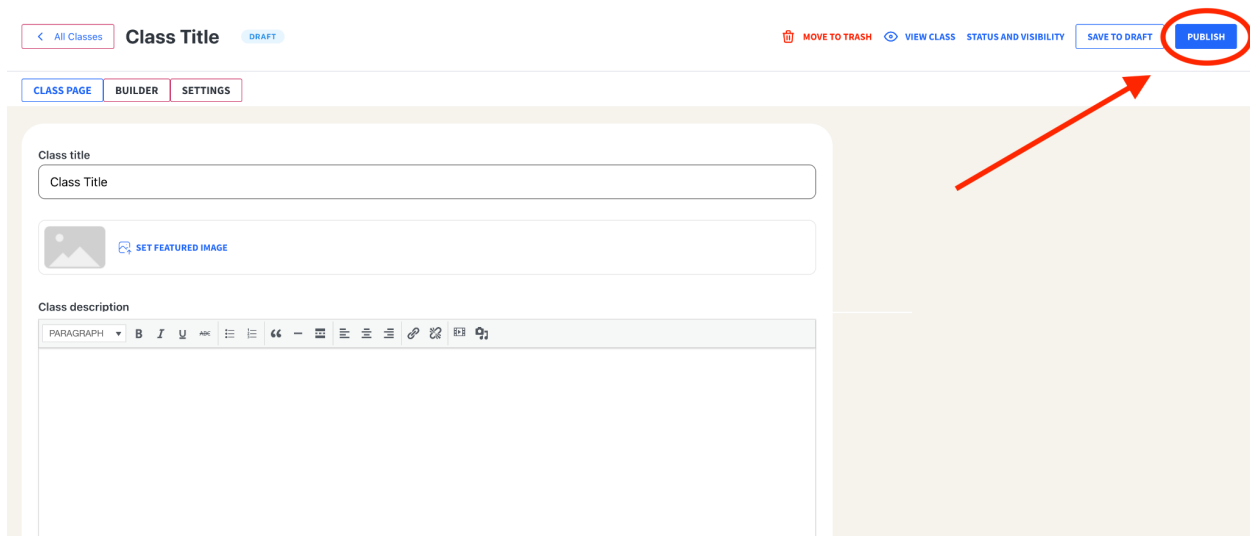
Add your headshot or a shot of you in the snow or gym where your face is visible to be included on your page. This is loaded into the “Set Featured Image Field”.



The screenshot shows the 'Class Builder' interface. At the top, there is a navigation bar with a back arrow, 'All Classes', 'Class Title', and a 'DRAFT' status. On the right, there are buttons for 'MOVE TO TRASH', 'VIEW CLASS', 'STATUS AND VISIBILITY', 'SAVE TO DRAFT', and 'PUBLISH'. Below the navigation bar, there are three tabs: 'CLASS PAGE', 'BUILDER', and 'SETTINGS'. The 'BUILDER' tab is active. In the 'BUILDER' tab, there is a 'Class title' label above a text input field. Below the text input field, there is a 'Set Featured Image' field. A red circle highlights the 'Set Featured Image' field, and a red arrow points to it. Below the 'Set Featured Image' field, there is a 'Class description' label above a rich text editor. The rich text editor has a toolbar with various formatting options.

Step 8:

Publish Draft!



Step 9:

“Copy the text below and paste it into the “Class Description”

Page Metadata Configuration

- **System URL Slug:** /join/[clinic-name]-[neighborhood-or-city]-[day-of-week]-[instructor-first-name]-[instructor-last-name]/
- *****Page Title Tag (copy into Course Title from step 6)***:** Pre-Season Ski Conditioning in [City/Neighborhood] | [Instructor Name, PT] | [Clinic Name] & ATP
- **Meta Description:** Join physical therapist [Instructor Name, PT] at [Clinic Name] in [City/Neighborhood] for a 6-week pre-season ski conditioning series. Includes 6 months of online workout access.

Page Copy

- Pre-Season Ski Conditioning Series: [City / Neighborhood]
- Build Dynamic Power, Reduce Knee Injuries, and Prepare for Winter with Dryland Training Led by [Instructor Name, PT]

Preparing the human body for the physical demands of winter sports requires more than generic fitness routines. The Alpine Training Project in [City/Neighborhood] delivers an evidence-based, 6-week pre-season ski conditioning series engineered to build strength, endurance, enhance dynamic stability, and reduce the risk of common alpine injuries. Led by orthopedic physical therapist [Instructor Name, PT], this hybrid training program combines weekly, high-energy group circuit style HIIT workouts at [Clinic Name] with video-led workouts that you complete at home or in your gym on your own time. This program builds

week over week preparing you to tackle your goals for this winter season. The workouts are scalable to your current fitness level and aspirations for your time in the mountains. Your registration for the hybrid program includes 6 months of access to ATPs online training content that carries you through the season with in-season training and tune up workouts. Whether charging deep resort powder, carving steep groomed terrain, or setting skin tracks in the backcountry, this program provides the physiological base needed to ski harder, recover faster, and stay out longer.

Comprehensive Program Inclusions and Intended Structural Benefits

Enrolling in the [City / Neighborhood] pre-season conditioning series provides a complete six-month hybrid training system designed to support athletes from early autumn preparation through the conclusion of the winter season:

- Six weekly in-person group sessions featuring small-group, circuit-based conditioning led directly by [Instructor Name, PT], focusing on form correction, progressive overload, and movement mechanics.
- A six-month full online membership pass providing complete digital access to alpinetrainingproject.com for supplementary home workouts and in-season athletic maintenance.
- Progressive dryland on-ramping tracks tailored to resort alpine skiing and backcountry touring demands, available in high-impact and reduced-impact variations.
- The "Staying Dialed" in-season performance series, engineered to maintain power output and muscular balance throughout the winter without inducing chronic fatigue.
- Dedicated performance booster protocols concentrating on explosive power, tri-planar agility, and rotational core stability.
- A clinically designed recovery and mobility series combining foam rolling, myofascial release, dynamic warm-ups, and post-ski stretches to accelerate tissue recovery between ski days.

Program Overview and Digital Features

- Complete Six-Month Hybrid Athletic Preparation

The [City / Neighborhood] training series is scheduled during mid-autumn to ensure participants reach peak physical adaptation immediately prior to regional resort openings.

Schedule and Facility Logistics

Operational Parameter	Clinic Class Details
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Host Clinic Facility	[Clinic Name]
Physical Address	[Insert Street Address, Suite Number, City, State, Zip Code]
Class Schedule	[Insert Day of Week, e.g., Thursdays] at [Insert Time, e.g., 6:30 PM]
Program Duration	[Insert Date Span]
Confirmed Session Dates	[Insert Date 1, Date 2, Date 3, Date 4, Date 5, Date 6]
Cohort Capacity	[Insert Capacity Limit, Minimum 6 and maximum 13 participants]

Instructor Clinical Profile

- **Clinician Name & Professional Credentials:** [Insert Instructor Name, PT / other credentials]
- **Clinical Biography:** [Insert 2 paragraphs highlighting your orthopedic background, movement philosophy, and personal winter sports experience (e.g., freeride skiing, ski mountaineering, splitboarding). Emphasize how your clinical expertise bridges physical therapy rehabilitation and sports performance.]

Pricing and Registration Policies

- **Registration Fee:** \$230 (Covers 6 in-person clinical sessions and 6 months of online platform access)
- **Payment Processing:** Integrated Stripe Checkout (Credit Card)
- **Refund Terms:** All registrations are final and non-refundable, including for medical conditions or scheduling changes, due to limited cohort capacity