



## Alpine Skiing/Snowboarding Performance Evaluation

<b>Skill: LONG RADIUS TURN-greater than 30' radius</b>	<b>Performance grading scale:</b> (+) Exceeds Objectives (=) Meets Objectives (-) Fails Objectives			
<b><u>Critical Standard</u></b> : Does the candidate demonstrate carved, smooth, & consistent turns using ski/board design & skill blends?	<b>Candidate:</b>	<b>Candidate:</b>	<b>Candidate:</b>	<b>Candidate:</b>
<b>Terrain:</b> More Difficult Smooth	(+)=(-)	(+)=(-)	(+)=(-)	(+)=(-)
<b>Performance Objectives:</b> <b>B</b> - Balanced dynamic stance, adjusts to terrain change Maintains side-to-side and fore-aft balance <b>E</b> - Ability to effectively edge with minimal skidding Early edge engagement used at the start of the turn <b>R</b> - Effectively guides both feet thru the entire turn Initiates turn from feet up <b>P</b> - Fluid lateral motion of body mass into new turn direction Effective use of flexion and extension to maintain snow contact				
<b>OVERALL SCORE LONG RADIUS TURN: PASS OR FAIL</b>	(P) (F)	(P) (F)	(P) (F)	(P) (F)

<b>Skill: UNPACKED SNOW</b>	<b>Performance grading scale:</b> (+) Exceeds Objectives (=) Meets Objectives (-) Fails Objectives			
<b><u>Critical Standard</u></b> : Does the candidate show controlled and balanced skiing/snowboarding skills?	<b>Candidate:</b>	<b>Candidate:</b>	<b>Candidate:</b>	<b>Candidate:</b>
<b>Terrain:</b> More Difficult Ungroomed:	(+)=(-)	(+)=(-)	(+)=(-)	(+)=(-)
<b>Performance Objectives:</b> 1. Continually adjusts to terrain change & snow conditions 2. Demonstrates versatility in edging and rotary skills 3. Controls speed and turn size through out the run 4. Effective use of flexion and extension to maintain snow contact				
<b>OVERALL SCORE UNPACKED SNOW: PASS OR FAIL</b>	(P) (F)	(P) (F)	(P) (F)	(P) (F)

<b>For a <u>Final Passing Score</u> the candidate must pass all alpine skills: LONG, MEDIUM, SHORT RADIUS TURNS, and UNPACKED SNOW CONDITIONS</b>	<b>Candidate:</b>	<b>Candidate:</b>	<b>Candidate:</b>	<b>Candidate:</b>
<b>FINAL SCORE FOR ALPINE SKILLS EVALUATION: PASS OR FAIL</b>	(P) (F)	(P) (F)	(P) (F)	(P) (F)

**Comments:**