

Central Division Senior Performance Evaluation – Alpine Skiing, Telemark Skiing, Riding (rev. 2018)

Location: _____

Date: / /

Instructors/Evaluators: _____

Terrain:	Slope selection should be more/to most difficult terrain based on evaluation day conditions and appropriate to skills be evaluated.				
Turn Shape:	Round-shaped turns are desired in most applications of skiing and riding. They follow a symmetrically curved path from start to finish.				
Turn Size:	Small radius turns will be smaller than a groomer width. Medium up to two groomer widths, and Large radius are greater than two groomer widths.				
Risk Management:	Instructors and candidates will communicate any concerns regarding risk management. Strict efforts must be made to ensure the safety of all participants.				
			(+) Exceeds Objectives (=) Meets Objectives (-) Does Not Meet Objectives		
			Equipment	Candidate	Candidate
Candidates will demonstrate the principles of good on snow performance applicable to equipment being used.			alpine	telemark	riding

Principles common to all terrain	Equipment	Candidate	Candidate	Candidate
1. Control the fore/aft relationship of the Center of Mass to the Base of Support to manage pressure along the active edge of the length of the skis or board	x	x	x	
2. Regulate the amount of pressure created through the ski-board/snow interaction with flexion and extension movements	x	x	x	
3. Control Edge angles through a combination of Inclination and Angulation	x	x		
4. Control Rotary (turning/pivoting/steering) with Leg rotation separate from a stable upper body	x		x	
5. Control Pressure from ski to ski as they direct pressure to the outside ski	x			
6. Control the lateral relationship of the Center of Mass to the Base of Support to manage pressure from ski to ski			x	
7. Control the turning of the skis with rotation of the feet and legs in conjunction with discipline in the upper body			x	
8. Control the size, duration , intensity rate and timing of the lead change to manage fore/aft stability			x	
9. Control edge angles through flexion, extension and inclination				x
10. Use torsional flex to begin rotation and to engage the new edge with progressive pressure throughout the turn				x

Terrain specific principles for Groomed Slope Skiing / Riding	Equipment	Candidate	Candidate	Candidate
11.Connected and rounded turn shapes of varying sizes for consistent speed and control	x	x	x	
12. Consistent speed and control	x	x	x	
13.Pole touch if used, will compliment the turn in timing and direction of travel	x	x		
14.Parallel turns with simultaneous foot tipping/steering (skidding & carving acceptable), both feet remain in contact with the snow	x			
15.Parallel turns with simultaneous lead change (skidding & carving acceptable), both feet remain in contact with the snow			x	
16.Utilize “tele turns” with lead change for a majority of the run, as appropriate			x	
17.Confident switch riding ability.				x
Groomed Slope Performance: PASS OR FAIL (P) (F)				

Terrain specific principles for Steep Slope Skiing / Riding	Equipment	Candidate	Candidate	Candidate
11.Rounded and connected short radius turns for a controlled fall line descent	x	x	x	
12.Pole touch if used, will compliment the turn in timing and direction of travel	x	x		
13.Parallel turns with simultaneous foot tipping/steering (skidding & carving acceptable), both feet remain in contact with the snow	x			
14.Parallel turns with simultaneous lead change (skidding & carving acceptable), both feet remain in contact with the snow			x	
15.Utilize “tele turns” with lead change for a majority of the run, as appropriate			x	
Steep Slope Performance: PASS OR FAIL (P) (F)				

Terrain specific principles for Mogul/Ungroomed Slope Skiing / Riding	Equipment	Candidate	Candidate	Candidate
11. Connected turns for a controlled fall line descent	x	x	x	
12. Pole touch/plant that aides in stabilization and timing	x	x		
13. Parallel turns with simultaneous foot tipping/steering, both feet remain in contact with the snow	x			
Mogul/Ungroomed Slope Performance: PASS OR FAIL				

CANDIDATE MUST PASS ON ALL THREE TERRAINS (Groomed, Steep, Mogul/Ungroomed) TO BE SUCCESSFUL

FINAL SCORE FOR ALPINE SKILLS EVALUATION: PASS or FAIL (P) (F)