

Mogul Skiing

Slope selection should be more/to most difficult terrain based on evaluation day conditions and be appropriate for the skills being evaluated. Slope selection should be more/to most difficult.

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The descent should be a series of turns where traverses and side slips are only used for the candidate to demonstrate effective control and select a route down the fall line
Traverse, turn, traverse is not acceptable performance.
Shows a competent technique to negotiate terrain.
Performs consistent turns while maintaining a constant speed of descent
Performs controlled direction changes, use of edges and pressure to complete the turns.
Demonstrate balance, stability and control

Performance grading scale:

(+) Exceeds Objectives (=) Meets Objectives (-) Fails Objectives

Terrain-More/Most Difficult Smooth: (+) (=) (-)

Terrain-More/Most Difficult Moguled: (+) (=) (-)

Comments:

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OVERALL SCORE FOR MOGUL SLOPE: PASS OR FAIL

Additional Comments:

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Alpine Skiing/Snowboard Evaluation

Candidate Name:

Date:

Location

Examiner:

For a Final Passing Score the candidate must pass all alpine skills.

FINAL SCORE FOR ALPINE SKIING/SNOWBOARD EVALUATION: PASS OR FAIL

Comments:

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Back	BALANCE	Forward
Under Edge	EDGING	Over Edge
Over Rotation	ROTARY	Counter Rotation
Static	PRESSURE/FLEXION-EXTENSION	Excessive

Alpine Skiing/Snowboard Evaluation

Slope selection should be more/to most difficult terrain based on evaluation day conditions and be appropriate for the skills being evaluated. Slope selection should be more/to most difficult.

Groomed Slope-Skiing

Demonstrate rounded turn shape (medium are bigger than short and the long's are bigger than the medium. Mediums are approximately 45 feet in width. Some skidding is acceptable in Short and medium turns.
 Demonstrate efficient mix of short, medium and long radius turns (Show us what you got.)
 Perform open parallel turns on skis using simultaneous foot steering. The skier/rider is relaxed and maintains balance throughout the runs.
 Performs run in a series of turns as connected arcs.(no traverse)
 Demonstrates an adaptive balance to terrain changes throughout the run.

Performance grading scale:
 (+) Exceeds Objectives (=) Meets Objectives (-) Fails Objectives

Terrain-More Difficult Smooth: (+) (=) (-)

Comments:

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Overall Score Groomed skiing: PASS FAIL

Alpine Skiing/Snowboard Evaluation

Slope selection should be more/to most difficult terrain based on evaluation day conditions and be appropriate for the skills being evaluated. Slope selection should be more/to most difficult.

Steep Slope-Skiing

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 Performs a fall line descent maintaining upper body/center of mass moving down the fall line.
 Performs a range of turn size, shapes and techniques.
 Performs short turns where of skidding is allowed.
 Maintains consistent, controlled speed.
 Maintains active balance, with both feet steering through the turn and the center of mass moving down the fall line
 Simultaneous vs sequential foot movement is expected.

Performance grading scale:
 (+) Exceeds Objectives (=) Meets Objectives (-) Fails Objectives

Terrain-More Difficult Smooth: (+) (=) (-)

Comments:

OVERALL SCORE STEEP SLOPE : PASS OR FAIL