

2012 Central Division Senior Alpine Skiing Performance Evaluation

Date: ___/___/___

Location _____
 Instructor/Examiner _____

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

Turn Shape and Size:

There are many turn shapes: demonstrate rounded turn shapes in Groomed and Steep for the Senior Standard.
 There are varying turn sizes. Small Radius turns will be smaller than one groomer width and directly down the fall line. Medium might be up to two groomer widths and Large turn sizes will be greater than two groomer widths.

Skill: Groomed Slope-Skiing	(+ Exceeds Objectives (-) Meets Objectives (-) Does Not Meet Objectives			
	Candidate 1	Candidate 2	Candidate 3	Candidate 4
Critical Standards- Does the skier display the performance objectives to demonstrate efficient "Groomed Slope Skiing"				
Performance Objectives: A successful candidate will demonstrate....				
1. A balanced stance throughout their turns				
2. Parallel turns with simultaneous foot tipping/steering while both feet remain in contact with the snow				
3. A strong inside half, leading through turn shape and finish (degree of counter related to turn size)				
4. Legs turn beneath a stable upper body				
5. Connected and rounded turn shapes of varying sizes (depending on steepness, lower-edged skidding is expected in small and medium turns; skidding & carving are acceptable in larger turns)				
6. Consistent speed and control				
7. Pole touch if used, will compliment the turn and be in the direction of travel				
OVERALL Groomed Slope Skiing: PASS OR FAIL (P) (F)				

Skill: Steep Slope-Skiing	(+ Exceeds Objectives (-) Meets Objectives (-) Does Not Meet Objectives			
	Candidate 1	Candidate 2	Candidate 3	Candidate 4
Critical Standards- Does the skier display the performance objectives to demonstrate efficient "Steep Slope Skiing"				
Performance Objectives: A successful candidate will demonstrate....				
1. A balanced stance throughout their turns				
2. Parallel turns with simultaneous foot tipping/steering while both feet remain in contact with the snow				
3. A strong inside half, leading through turn shape and finish (degree of counter related to turn size)				
4. Legs turn beneath a stable upper body				
5. A series of rounded and connected short radius turns for a controlled fall line descent				
6. Competent technique to negotiate the terrain with consistent speed				
7. Pole touch if used will compliment the turn and be in the direction of travel				
OVERALL Steep Slope Skiing: PASS OR FAIL (P) (F)				

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Date: ___/___/___

Skill: Mogul Skiing or Ungroomed	(+ Exceeds Objectives (=) Meets Objectives (-) Does Not Meet Objectives			
Critical Standards- Does the skier display the performance objectives to demonstrate efficient "Mogul Skiing or Ungroomed Slope Skiing"	<u>Candidate 1</u>	<u>Candidate 2</u>	<u>Candidate 3</u>	<u>Candidate 4</u>
Performance Objectives: A successful candidate will demonstrate....				
1. A balanced stance throughout their turns 2. Parallel turns with simultaneous foot tipping/steering while both feet remain in contact with the snow 3. Legs turn beneath a stable upper body 4. Pressure management through flexion and extension to negotiate terrain 5. Consistent speed in fall line descent with connected turns 6. Pole touch/plant that aids in stabilization and timing				
OVERALL Score For Mogul Skiing or Ungroomed: PASS OR FAIL (P) (F)				
CANDIDATE MUST PASS ALL THREE CRITICAL SKILLS TO BE SUCCESSFUL				
<u>FINAL</u> SCORE FOR ALPINE SKILLS EVALUATION: PASS or FAIL (P) (F)				

Balance, Edging, Rotary, and Pressure	<u>Candidate 1</u>	<u>Candidate 2</u>	<u>Candidate 3</u>	<u>Candidate 4</u>
(movement analysis feedback matrix)				
Back Balance Forward 				
Under Edge Edging Over Edge 				
Counter Rotation Rotary Over Rotation 				
Static Pressure Excessive 				
*COMMENTS:				