Central Division Senior Alpine Skiing Performance Evaluation (rev. 2016)

Date: / /

Location

Instructor/Examiner

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 alpine skiing. 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.

	(+) Exceeds Objectives (=) Meets Objectives (-) Does Not Meet Objectives			
	Candidate 1	Candidate 2	Candidate 3	Candidate 4
Skill: Groomed Slope Skiing				
Performance Objectives: A successful candidate will demonstrate□.				
1. Control of the Center of Mass (COM) over their Base of Support (BOS) to direct pressure along the length of the ski				
2. Control Pressure from ski to ski as they direct pressure to the outside ski				
3. Control Edge angles through a combination of Inclination and Angulation				
4. Control Rotary (turning/pivoting/steering) with Leg rotation separate from a stable upper body				
5. Regulate the magnitude of pressure created through ski/snow contact				
6. Parallel turns with simultaneous foot tipping/steering (skidding & carving acceptable), both feet remain in contact with the snow				
7. Connected and rounded turn shapes of varying sizes for consistent speed and control				
8. Consistent speed and control				
9. Pole touch if used, will compliment the turn in timing and direction of travel				
OVERALL Groomed Slope Skiing: PASS OR FAIL (P) (F)				

	(+) Exceeds Objectives (=) Meets Objectives (-) Does Not Meet Objectives			
	Candidate 1	Candidate 2	Candidate 3	Candidate 4
Skill: Steep Slope Skiing				
Performance Objectives: A successful candidate will demonstrate□.				
1. Control of the Center of Mass (COM) over their Base of Support (BOS) to direct pressure along the length of the ski				
2. Control Pressure from ski to ski as they direct pressure to the outside ski				
3. Control Edge angles through a combination of Inclination and Angulation				
4. Control Rotary (turning/pivoting/steering) with Leg rotation separate from a stable upper body				
5. Regulate the magnitude of pressure created through ski/snow contact				
6. Parallel turns with simultaneous foot tipping/steering (skidding & carving acceptable), both feet remain in contact with the snow				
7. Rounded and connected short radius turns for a controlled fall line descent				
8. Pole touch if used, will compliment the turn in timing and direction of travel				
OVERALL Steep Slope Skiing: PASS OR FAIL (P) (F)				

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Date: / /

	(+) Exceeds Objectives (=) Meets Objectives (-) Does Not Meet Objectives			
	Candidate 1	Candidate 2	Candidate 3	Candidate 4
Skill: Mogul (or ungroomed) Slope Skiing				
Performance Objectives: A successful candidate will demonstrate□.				
1. Control of the Center of Mass (COM) over their Base of Support (BOS) to direct pressure along the length of the ski				
2. Control Pressure from ski to ski as they direct pressure to the outside ski				
3. Control Edge angles through a combination of Inclination and Angulation				
4. Control Rotary (turning/pivoting/steering) with Leg rotation separate from a stable upper body				
5. Regulate the magnitude of pressure created through ski/snow contact				
6. Parallel turns with simulatneous foot tipping/steering, both feet remain in contact with the snow				
7. Connected turns for a controlled fall line descent				
8. Pole touch/plant that aides in stabilization and timing				
OVERALL Mogul (or ungroomed) Slope Skiing: PASS OR FAIL (P) (F)				
CANDIDATE MUST PASS ALL THREE CRITICAL SKILLS TO BE SUCCESSFUL				
FINALSCORE FOR ALPINE SKILLS EVALUATION: PASS or FAIL (P) (F)				

Balance, Edging, Rotary, and Pressure	Candidate 1	Candidate 2	Candidate 3	Candidate 4
(movement analysis feedback matrix)				
Back Balance Forward				
Under Edge Edging Over Edge				
Counter Rotation Rotary Over Rotation				
Static Pressure Excessive				

***COMMENTS:**