

**National Ski Patrol – Central Division**  
**Accredited Senior Evaluator (ASE) Program**  
**Approved Senior Demos – Video Skills & Tasks**

Clip # 472978 - Why doesn't this skiing model meet today's standards for the Central Division Senior Skiing Program?

1. Turn initiation begins with the new outside foot versus the new inside foot.
2. Skis do not remain parallel throughout turn, note divergence at tips.
3. A-Frame is present, note under edging of inside ski.
4. Skiers balance point is aft of neutral.
5. Slight inclination (banking) is present versus angulation from top of femur.
6. Weight is concentrated on the outside ski throughout all phases of turn.
7. Inside edge of the inside ski is under-utilized, note this ski is light and over steered.
8. Vertical movement of center of mass is present versus diagonal movement into new turn.

Clip #468015 – Short Radius Turns

1. Centered stance (check fore/aft and lateral balance). Proper stance allows skier to utilize the entire inside edge to shape the turn.
2. Turn is initiated with the new inside foot, tipping the ski toward the new inside edge.
3. Edge change of skis is simultaneous not sequential.
4. Skis remain parallel at all times.
5. Upper body remains quiet with turn happening from the top of the femur down.
6. Turn has a consistent round shape and consistent speed.
7. Most short radius turns will have some skidding.
8. Upper/lower body separation occurs at the top of the femur, hips remain open to new turn.
9. Shoulders, hands remain parallel to the snow promoting angulation not inclination (banking).
10. Center of mass moves toward new turn (not in an alternate direction).
11. Pole touch is used as a timing device, while also promoting movement of center of mass toward new turn.

Clip #467563 – Medium Radius Turns – Open parallel (Coming at)

1. Centered stance (check to make sure the skier's skeleton is 'stacked').
2. Turn is initiated with the new inside foot, tipping toward the new inside edge.
3. Edge change of skis is simultaneous not sequential.
4. Skis remain parallel at all times.
5. Skidding is present but, tails always follow arc of the tips.
6. Turn has a consistent round shape and consistent speed.
7. Center of mass moves toward new turn.
8. Pole touch is used as a timing device, while also promoting movement of center of mass toward new turn.
9. Minimal upper/lower body separation present.
10. Hands and elbows remain in front of hips.

Clip #467560 – Medium Radius Turns – Open parallel (Going Away)

1. Note centered stance, understand that if the skier is not centered inappropriate movements will be required to re-center prior to turn initiation.
2. Note skis remain parallel at all times, no wedging is present at turn initiation.

Clip # 467559 – Pivot Slips

1. Centered stance.
2. Pivot happens from the top of femur down.
3. Downhill or new inside edge is released first.
4. Skis are mostly flat with minimal edging.
5. Pivot speed remains consistent (slow) while the speed of the slip increases.
6. Quiet upper body present, clear separation of upper/lower body.
7. Shoulders/hands perpendicular to fall line.
8. Hips are open, facilitated by uphill foot ahead of downhill foot.
9. Path of slip stays directly in the fall line.
10. Orientation of skis remains parallel at all times.