

<b>NSP PROPOSAL FORM</b> <i>Revised 01/97</i> Do Not Use Previous Versions		Proposal Number: F09 P007
		Assigned Committee:
The proposal maker(s) submit this proposal for consideration by the NSP Board of Directors in accordance with the NSP Policies & Procedures. This proposal has been researched, is submitted in final wording with all applicable boxes completed and information provided. I (We) have contacted and discussed this proposal with the appropriate National Program Director or other staff and/or NSP Department Director prior to submitting the proposal to the national office. I (We) have indicated how I (we) believe this proposal will impact the budget, both long- and short-term. <b><i>I (we) understand that incomplete proposal forms will be returned to the maker(s).</i></b>		
Proposed by: Linda Jacobs	Position: ADD	Date: 9/9/09
I (we) have consulted the following people in drafting this proposal: <input type="checkbox"/> Staff comments (if any) attached <input type="checkbox"/> Nat. Pgm. Director: <input type="checkbox"/> Nat. Office Staff: <input type="checkbox"/> National Staff: <input checked="" type="checkbox"/> Others: Darcy Hanley, Jay Zedak, Sonya Romm, Tom Anderson		
The following references are relevant to this proposal: <input type="checkbox"/> NSP Bylaws: <input type="checkbox"/> NSP Strategic Plan: <input checked="" type="checkbox"/> CD Policies & Procedures: Senior manual		
I (We) anticipate the following expenses, and have attached budget details and an explanation (as necessary) <input type="checkbox"/> Short-Term (this fiscal year): <input type="checkbox"/> Long-Term (sustained expenses):		
The Executive Director: <input type="checkbox"/> agrees with proposal expense estimate, <b>OR</b> <input type="checkbox"/> anticipates the following expenses: <input type="checkbox"/> Short-Term (this fiscal year): <input type="checkbox"/> Long-Term (sustained expenses):		
Proposal Text (attach additional pages as necessary; for bylaw, P&P, or other amendments of existing provisions, show changes with added words underlined, and deleted words with a line through them):  Proposed changes for the Senior manual Alpine and Skiing and Snowboarding Appendix II: The attached document will replace the Alpine Skiing/Snowboarding Performance Evaluation cards.		
Proposal Explanation and Justification (attach additional pages as necessary):  Over the past few seasons it has been evident that there needs to be a more specific description of the Senior level skiing and snowboarding skills on the evaluation card. The new description is designed to be more specific for the senior candidate to prepare and a clear expectation for the senior evaluator to evaluate. While the basic skills (BERP) remain the same, this rewrite is an attempt at describing more completely what the standard of performance are.(see attached). The rewrite of the evaluation card is to better define expectations for evaluation and the trainers to prepare the candidate. This will assist with making a clearer standard throughout the division. For example turn size, skidding VS carved, types of terrain. The information will be formatted to fit both types of evaluation cards, and will be presented to the Region testing and training staff's at the Division STW's.		
Committee Revision of Proposal (if any):		
Committee Action: <input type="checkbox"/> Accepted as Drafted <input type="checkbox"/> Accepted as Revised <input type="checkbox"/> Rejected <input type="checkbox"/> Withdrawn		
Committee Chairman Explanation and Votes:		
Final Board Action: <input checked="" type="checkbox"/> Adopted as Reported <input type="checkbox"/> Adopted as Amended <input type="checkbox"/> Defeated		
Vote on Final Consideration (if vote count taken): For - 8 Against - 0 Abstain -0		

# Alpine Skiing/Snowboarding Evaluation Maneuvers

## Criteria

### Groomed Slope-Skiing (Black Terrain)

Demonstrate rounded turn shape (medium's are bigger than the short and the long's are bigger than the medium. Mediums are approximately 15 feet in width. Some drifting vs skidding is acceptable in medium and short 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 entry.

The skier/rider is relaxed and maintains dynamic balance throughout the runs.

Performs run in a series of turns as connected arcs.

Demonstrates an adaptive balance to terrain changes throughout the run.

### Steep Slope-Skiing (Black Terrain)

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 a combination of skidding and drifting is allowed.

Maintains consistent, controlled speed.

Maintains active balance, a relaxed stance with both feet steering through the turn and the center of mass moving down the fall line

Simultaneous vs sequential foot movement is expected.

### Mogul Skiing (Black Terrain)

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

## Senior Alpine Snowsports Movements and Maneuvers

### Movements of the body during alpine skiing/boardng

These **movements** can be described by grouping them into 4 skills. These skills can be easily remembered by using the mnemonic - (B- R- E-P). As you review the skill components, visualize how they combine to create efficient use of the skills whether on alpine skis or a snowboard.

Note – <b>Internal and External Forces</b> = internal (physical fitness, strength and flexibility) and external (equipment, temperature, snow conditions and terrain choice).
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### **Balancing Movements:**

#### **WHAT**

- Gain and regain balance while in motion by using all the internal resources available – including engaging and relaxing your “core” abdominal muscles.

#### **HOW**

- The entire body is involved in balancing – moving fore aft/ side to side depending on the terrain, snow conditions and physical condition of the person.

- Flexing and extending originates in the ankles, moves to the knees, hips and spine. Remember that any action has phases – the process of engaging and then releasing. These actions allow us to subtly blend skills and adjust to internal and external forces.

## Functional Body Alignment – Alpine Skiing

- As the turn develops, the focus should be to keep the inside half of the body (foot, knee, hip, arm, hand, and shoulder) raised and ahead of the outside half (re: “Strong Inside Half”). This does not in any way promote a “**position**”. It is a continuous dynamic engagement of the inside half.
- A strong inside half will help maintain a powerful stance through the finish, resulting in maximum strength/length of the outside leg, and the greatest angles during the highest loading portion of the turn.
- The amount of tip lead should match the alignment of the body and is influenced by a variety of factors (i.e., turn shape, speed, pitch of the slope).

## Rotary Movements: Lower body

### WHAT

- These are turning or twisting movements in the body used to guide the ski/board and shape the turn.

### HOW

- Rotary movements involve rotating one part of the body in relation to the other. The “core” of the body is a powerful center of strength” and aids in turn shape by allowing the lower body to “twist against it” in varying degrees e.g. (short – medium and or long radius turns)
- Steering initiated by turning the femurs and complemented by the Lower legs and feet is preferred over originating from a shoulder twist or arm swing. This allows for a rounder turn shape and no “chatter” on icier slopes.

## Edging Movements •

### WHAT

- The art of edging can be defined as releasing and engaging the edges at various speeds and degrees to accomplish an objective.

### HOW

- These tactics involves creating efficient edging movements are influenced by internal (physical fitness, strength and flexibility) and external (equipment, temperature, snow conditions and terrain choice).
- Edge control movements begin by tipping the ski or board from uphill edges through a neutral phase to downhill edges during turn initiation. This involves the use of feet, ankles, knees and hips to develop angles that allow for the change in the amount of edging.
- The amount of degrees between the base of the ski/board and the snow is dictated by terrain, equipment and turn radius.
- Angulation is especially prevalent in short and medium radius turns. Longer radius turns use some angulation but is primarily created and maintained through inclination, tipping and use of subtle and patient rotary movements.

## **Pressure Management**

### **WHAT**

- Managing pressure control involves a combination of movements that can range from visually subtle to DISTINCT and from small to BIG! These movements can originate from foot to foot, along the length of the ski/board and between the ski/board and snow. Tactics, terrain, speed, snow conditions, and turn shape will alter the duration, intensity, rate and timing. Increasing or decreasing pressure on the ski can influence turn radius.

### **HOW**

- Flexion and extension effectively aid in speed control, ski/board performance and skill blending used in pressure control adjustments that keep the ski/board in contact with the snow.
- Flexion and extension movements enhance lateral weight redistribution. Such movements can be applied progressively or abruptly, depending on the desired outcome throughout all the phases of the turn.
- Shortening the inside leg helps shift the center of mass to the inside of the turn at the initiation phase of the turn, and thus can allow greater edge angle.
- The skier should maintain the “strength in length” of the outside leg during the highest loading portion of the turn, unless he or she is yielding to the influence of terrain and snow conditions or releasing the turn.

## **Pole Use / Arm Movements**

- Functional pole use can be used to help the skier secure/maintain the present turn or initiate the next turn.
- Effective pole use requires discipline and accuracy of arm/hand movements.
- Effective pole use requires a pole swing but not always a pole plant.
- The skier uses a disciplined upper body and core position to position the arms; conversely, excessive movements of the arms can shift the upper body out of position.
- A linear/direct pole swing will help to accurately guide movements into the new turn.