

**Candidate Name**

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**Crud**

- 1) Ability to ski/ride in control and at speeds appropriate for the terrain and snow conditions
- 2) Control the relationship of the Center of Mass to the base support to direct pressure along the length of the skis/snowboard
- 3) The amount of flexion and extension in the skiers/boarders legs changes in response to the terrain and pitch of slope
- 4) Control the skis/snowboard rotation (turning, pivoting, steering) with leg rotation
- 5) Regulate the magnitude of pressure created through ski/snowboard - snow interaction
- 6) Skis/board flow evenly and smoothly over terrain

Crud

Crud

**Moguls**

- 1) Ability to ski/ride in control and at speeds appropriate for the terrain and snow conditions
- 2) Control the relationship of the Center of Mass to the base support to direct pressure along the length of the skis/snowboard
- 3) Control the skis/snowboard rotation (turning, pivoting, steering) with leg rotation
- 4) Regulate the magnitude of pressure created through ski/snowboard - snow interaction
- 5) Demo appropriate independent and simultaneous leg action
- 6) The upper body remains quiet and disciplined
- 7) Demonstrate absorption skills
- 8) Ability to adjust with minimal interruption
- 9) Versatility - show different tactics (offensive vs. defensive)

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Moguls

Moguls

## Steep

- 1) Ability to ski in control and at speeds appropriate for the terrain and snow conditions
- 2) Control the relationship of the Center of Mass to the base support to direct pressure along the length of the skis/snowboard
- 3) Skis should move to new edges simultaneously vs. sequentially
- 4) Control the edge angles/angle through a combination of inclination and angulation
- 5) Control the skis rotation (turning, pivoting, steering) with leg rotation
- 6) Regulate the magnitude of pressure created through ski/boardboard - snow interaction
- 7) Edge release and re-engagement should happen in one fluid motion

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Steep

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Steep

## Groomed

- 1) Ability to ski/ride in control and at speeds appropriate for the terrain and snow conditions
- 2) Control the relationship of the Center of Mass to the base support to direct pressure along the length of the skis/snowboard
- 3) Control Pressure from ski to ski (board - edge to edge) and direct pressure towards the outside ski.  
\*\*\*Snowboard - inside edge
- 4) Control the edge angles through a combination of inclination and angulation
- 5) Control the skis/snowboard rotation (turning, pivoting, steering) with leg rotation
- 6) Regulate the magnitude of pressure created through ski/board - snow interaction
- 7) Guide the skis to progressive edging
- 8) Demo an efficient mix of long, medium and short radius turns in the shape of a C.

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