

**NSP Central Division Certified Program
Skiing/Snowboard Performance**

Evaluator: _____

Candidate Name:			
	+ = -	+ = -	+ = -
<p style="text-align: center;">Crud Skiing</p> <ol style="list-style-type: none"> 1. Demonstrate balance, stability and control. Maintain lateral and fore-aft balance. 2. Position the hips over the feet 3. The amount of flexion and extension in the skiers/boarders legs changes in response to the terrain and pitch of slope 4. Skis/board flow evenly and smoothly over terrain 5. Turns may be a variation of "C's," "J's," "S," and "Z's" 			
<p style="text-align: center;">Mogul Skiing</p> <ol style="list-style-type: none"> 1. Demonstrate balance, stability and control (lateral and fore-aft balance). 2. Position the hips over the feet 3. Effective use of a combination of skidding and carving skills 4. Both skis and legs turn together throughout a parallel turn 5. Demo appropriate independent and simultaneous leg action 6. The upper body remains quiet and stable 7. Demonstrate absorption skills 8. Ability to adjust with minimal interruption 9. Versatility - show different tactics (offensive vs. defensive) 10. Demo consistent, controlled speed 11. Turns may be a variation of "C's," "J's," "S," and "Z's" 			

Candidate Name:			
Steep Skiing 1. Demonstrate balance, stability and control. Maintain lateral and fore-aft balance. 2. Skis should move to new edges simultaneously vs. sequentially 3. Edge release and re-engagement should happen in one fluid motion 4. Use appropriate amount of edging and skidding to keep flow 5. Turns should be a variation of "C's", "J's", "S," and "Z's"	+ = -	+ = -	+ = -

Groomed Skiing	+ = -	+ = -	+ = -
1. Demonstrate balance, stability and control. Maintain lateral and fore-aft balance. 2. Position the hips over the feet 3. Movements Initiate from the feet 4. Tip both feet towards the new edge 5. Tipping skis begins before turning 6. Simultaneous movement of feet and legs 7. Guide the skis to progressive edging 8. Leg length change/long short 9. Upper body remains quiet and disciplined 10. Ski in and out of counter rather than making a strong counter move 11. Arching into the apex versus just arching away from it 12. Demo constant, controlled speed without interruption 13. Demo an efficient mix of long, medium and short radius turns- turns should be in the shape of a "C" 14. Snowboard – Shoulders and hips alighted to terrain 15. Snowboard - CM aligned between feet an over the board or turning edge 16. Telemark – balance is distributed equally over both feet.			