

Central Division Senior Performance Evaluation – Alpine Skiing, Telemark Skiing, Riding (rev. 2018 - 12/18/18)

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 skiing and riding. 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.

Risk Management: Instructors and candidates will communicate any concerns regarding risk management. Strict efforts must be made to ensure the safety of all participants

CANDIDATE MUST PASS ON ALL THREE TERRAINS TO BE SUCCESSFUL

Candidates will demonstrate the principles of good on snow performance applicable to equipment being used.

Principles common to all terrain

Equpt.

1. Control the fore/aft relationship of the Center of Mass to the Base of Support to manage pressure along the active edge of the length of the skis or board

ALL

Principles common to all terrain - Cont.	Eqpt.
2. Regulate the amount of pressure created through the ski-board/snow interaction with flexion and extension movements	ALL
3. Control Edge angles through a combination of Inclination and Angulation	AP TM
4. Control Rotary (turning/pivoting/steering) with Leg rotation separate from a stable upper body	AP SB
5. Control Pressure from ski to ski as they direct pressure to the outside ski	AP
6. Control the lateral relationship of the Center of Mass to the Base of Support to manage pressure from ski to ski	TM
7. Control the turning of the skis with rotation of the feet and legs in conjunction with discipline in the upper body	TM
8. Control the size, duration , intensity rate and timing of the lead change to manage fore/aft stability	TM
9. Control edge angles through flexion, extension and inclination	SB
10. Use torsional flex to begin rotation and to engage the new edge with progressive pressure throughout the turn	SB

Terrain specific principles for Groomed Slope Skiing / Riding	Eqpt.
11.Connected and rounded turn shapes of varying sizes	ALL
12. Consistent speed and control	ALL
13.Pole touch if used, will compliment the turn in timing and direction of travel	AP TM
14.Parallel turns with simultaneous foot tipping/steering (skidding & carving acceptable), both feet remain in contact with the snow	AP
15.Parallel turns with simultaneous lead change (skidding & carving acceptable), both feet remain in contact with the snow	TM
16.Utilize “tele turns” with lead change for a majority of the run, as appropriate	TM
17.Confident switch riding ability.	SB

Terrain specific principles for Steep Slope Skiing / Riding	Eqpt.
11. Rounded and connected short radius turns for a controlled fall line descent	ALL
12. Pole touch if used, will compliment the turn in timing and direction of travel	AP TM
13. Parallel turns with simultaneous foot tipping/steering (skidding & carving acceptable), both feet remain in contact with the snow	AP
14. Parallel turns with simultaneous lead change (skidding & carving acceptable), both feet remain in contact with the snow	TM
15. Utilize “tele turns” with lead change for a majority of the run, as appropriate	TM
Terrain specific principles for Mogul/Ungroomed Slope Skiing / Riding	
11. Connected turns for a controlled fall line descent	ALL
12. Pole touch/plant that aides in stabilization and timing	AP TM
13. Parallel turns with simultaneous foot tipping/steering, both feet remain in contact with the snow	AP