



SENIOR ALPINE Performance Evaluation Sign Off Sheet

Date: ___/___/___

SCORING	
1	Essential elements were not observed or were not present
2	Essential elements are beginning to appear but not at a Senior level
3	Essential elements appear but are not consistently at Senior level
4	Essential elements appear regularly at Senior level
5	Essential elements appear frequently above a Senior level
6	Essential elements appear consistently at a Superior level

Risk Management: All those involved will communicate any concerns regarding risk management. Strict efforts must be made to ensure the safety of all participants & the public.

Reference (not scored): PSIA Fundamentals for Alpine Skiing – *All skiing is a blend of the fundamentals*

Control the relationship of the COM to the base of support to direct pressure along the length of the ski Control pressure from ski to ski and direct pressure toward outside ski Control edge angles through a combination of inclination and angulation Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body Regulate the magnitude of pressure created through ski/snow interaction	CANDIDATE NAME
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GROOMED SLOPE PERFORMANCE – Visual Cues – What Do You See?	Instructor	Initials	Date
a. Connected and rounded turn shapes of varying sizes – maintaining consistent speed and control			
b. Simultaneous foot tipping at initiation – carving & skidding acceptable – both feet in contact with snow			
c. Skis parallel and consistent width throughout turns			
d. Consistently turns the skis separate from a stable upper body			
e. Center of mass moves forward and across the skis into the new turns			

STEEP SLOPE PERFORMANCE – Visual Cues – What Do You See?	Instructor	Initials	Date
a. Rounded and connected shorter radius turns for a controlled and consistent fall line descent			
b. Pole touch/plant aids in stabilization and timing			
c. Skis parallel and consistent width throughout turns			
d. Simultaneous foot tipping at initiation – carving and skidding throughout the turns is acceptable			
e. Edging achieved through inclination and angulation			

MOGUL/UNGROOMED SLOPE PERFORMANCE – Visual Cues – What Do You See?	Instructor	Initials	Date
a. Connected turns for controlled fall line descent - consistent rate of descent			
b. Pole touch/plant aids in stabilization and timing			
c. Skis turn under stable upper body			
d. Rotary movements of the legs to navigate moguls or ungroomed terrain			
e. Maintains active balance throughout terrain changes			

COMMENTS: