



# SENIOR ALPINE

## Performance Evaluation

### Score Card

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.

|   |                       |
|---|-----------------------|
| <b>Reference (not scored): PSIA Fundamentals for Alpine Skiing – All skiing is a blend of the fundamentals</b>  |                       |
| Control the relationship of the COM to the base of support to direct pressure along the length of the ski<br>Control pressure from ski to ski and direct pressure toward outside ski<br>Control edge angles through a combination of inclination and angulation<br>Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body<br>Regulate the magnitude of pressure created through ski/snow interaction | <b>CANDIDATE NAME</b> |

| GROOMED SLOPE PERFORMANCE – Visual Cues – What Do You See?  | Score:        | Comments:       |
|---|---------------|-----------------|
| 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                                      |               |                 |
| <b>GROOMED Slope Performance: Minimum to PASS = 20</b>  | <b>Total:</b> | <b>P      F</b> |

| STEEP SLOPE PERFORMANCE – Visual Cues – What Do You See?   | Score:        | Comments:       |
|--|---------------|-----------------|
| 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  |               |                 |
| <b>STEEP Slope Performance: Minimum score to PASS = 20</b>   | <b>Total:</b> | <b>P      F</b> |

| MOGUL/UNGROOMED SLOPE PERFORMANCE – Visual Cues – What Do You See?               | Score:       | Comments:       |
|--|--------------|-----------------|
| 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 ungrooved terrain          |              |                 |
| e. Maintains active balance throughout terrain changes                           |              |                 |
| <b>MOGUL/UNGROOMED Slope Performance: Minimum score to PASS = 20</b>             | <b>Total</b> | <b>P      F</b> |

|   |             |             |
|---|-------------|-------------|
| <b>CANDIDATE MUST PASS ALL SECTIONS ABOVE TO BE SUCCESSFUL – (circle one)</b> | <b>PASS</b> | <b>FAIL</b> |
|---|-------------|-------------|

*If a candidate is unsuccessful in one section, they are permitted one retest in that section.  
 If a candidate is unsuccessful in more than one section, they are not permitted to retest those sections.*

LOCATION:  INSTRUCTORS/EVALUATORS:

COMMENTS: