



# SENIOR TELEMARX

## 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.

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

Control the fore/aft relationship of CoM to the base of support to manage pressure along the length of the skis	<b>CANDIDATE NAME</b>
Control the lateral relationship of the CoM to the base of support to manage pressure from ski to ski	
Control edge angles through a combination of inclination and angulation	
Control the turning of the skis with rotation of the feet and legs with discipline in the upper body	
Regulate the magnitude of pressure created through ski/snow interaction with flexion and extension	
Control the size, duration, rate, and timing of the lead change to manage fore/aft stability	

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 at initiation - convergence during turn acceptable		
d. Consistently turns the skis separate from a stable upper body		
e. Control edge angles through a combination of inclination and angulation		
f. Continuous movement of both feet to produce a lead change at or near the apex of the turn		
<b>GROOMED Slope Performance: Minimum score to PASS = 24</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 at initiation - convergence during turn acceptable		
d. Simultaneous foot tipping at initiation – carving and skidding throughout the turns is acceptable		
e. Edging achieved through inclination and angulation		
f. Skier uses a rate of lead change that complements the turn		
<b>STEEP Slope Performance: Minimum score to PASS = 24</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, as required, to navigate mogul or ungroomed terrain		
e. Pressure regulation/absorption with flexion and extension to maintain contact with the snow		
f. Timing and intensity of the lead change are appropriate for the terrain		
<b>MOGUL/UNGROOMED Slope Performance: Minimum score to PASS = 24</b>	<b>Total:</b>	<b>P      F</b>

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