



SENIOR ALPINE

Performance Evaluation

Composite 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 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	CANDIDATE NAME
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	

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		
GROOMED Slope Performance: Minimum to PASS = 20	Total:	P F

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		
STEEP Slope Performance: Minimum score to PASS = 20	Total:	P F

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 ungroomed terrain		
e. Maintains active balance throughout terrain changes		
MOGUL/UNGROOMED Slope Performance: Minimum score to PASS = 20	Total	P F

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

(rev. 12/11/2023)