SENIOR SNOWBOARD

Performance Evaluation
Evaluator Scorecard

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): AASI Fundamentals for Snowboard – ***All snowboarding is a blend of the fundamentals***

	CANDIDATE NAMES		
Control the relationship of the CoM to the base of support to direct pressure along the length of the board			
Control the relationship of the CoM to the base of support to direct pressure across the width of the board			
Control the magnitude of pressure created through the board/surface interaction			
Control the board's pivot through flexion/extension and rotation of the body			
Control the board's tilt through a combination of inclination and angulation			
Control torsional flex of the board using flexion/extension and rotation of the body			

GROOMED SLOPE PERFORMANCE – Visual Cues – What Do You See?		Score:	Score:	Score
a. Connected and rounded turn shapes of varying size - maintaining consistent speed and control				
b. Inclination and angulation create tilt on medium and long radius turns - carving & skidding acceptable				
c. Utilizes torsional flex to begin rotation and to engage new edge at initiation of turn				
d. Edging achieved through inclination and angulation - snow deflecting along the length of the board				
e. Athletic stance maintained throughout - ankles and knees flexed				
f. Basic switch riding with turns appropriate for the terrain - skidding acceptable				
GROOMED Slope Performance: Minimum score to PASS = 24	**Total:**			

STEEP SLOPE PERFORMANCE – Visual Cues – What Do You See?		Score:	Score:	Score
a. Rounded and consistent shorter radius turns for controlled and consistent rate of descent				
b. Uses a blend of torsional flex and steering movements to initiate turn				
c. A blend of skidding and carving using steering resulting in upper/lower body separation				
d. Simultaneous flexion and extension of the legs under a stable upper body to manage pressure on board				
e. Athletic stance maintained throughout - ankles and knees flexed				
STEEP Slope Performance: Minimum score to PASS = 20	**Total:**			

MOGUL/UNGROOMED SLOPE PERFORMANCE – Visual Cues – What Do You See?		Score:	Score:	Score
a. Connected turns for a controlled fall line descent - consistent rate of descent				
b. Flexing & extending of hips, knees and ankles to regulate pressure & maintain contact with the snow				
c. Demonstrates retraction or down-unweighting to manage pressure				
d. Steering movements under a stable upper body creates upper/lower body separation to navigate terrain				
e. Athletic stance maintained throughout - ankles and knees flexed				
MOGUL/UNGROOMED Slope Performance: Minimum score to PASS = 20	**Total:**			

CANDIDATE MUST PASS <u>ALL SECTIONS</u> ABOVE TO BE SUCCESSFUL – ***(circle one)***	**P F**	**P F**	**P F**

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)