

SR. SKI/RIDE REFERENCE CARD

GROOMED SLOPE PERFORMANCE

SKIING	SNOWBOARD	TELEMARK
Connected and rounded turn shapes of varying sizes – maintaining consistent speed and control	Connected and rounded turn shapes of varying size - maintaining consistent speed and control	Connected and rounded turn shapes of varying sizes – maintaining consistent speed and control
Simultaneous foot tipping at initiation – carving & skidding acceptable – both feet in contact with snow	Inclination and angulation create tilt on medium and long radius turns - carving & skidding acceptable	Simultaneous foot tipping at initiation – carving & skidding acceptable – both feet in contact with snow
Skis parallel and consistent width throughout turns	Utilizes torsional flex to begin rotation and to engage new edge at initiation of turn	Skis parallel at initiation - convergence during turn acceptable
Consistently turns the skis separate from a stable upper body	Edging achieved through inclination and angulation - snow	Consistently turns the skis separate from a stable upper body
The center of mass moves forward and across the skis into the new turns	Athletic stance maintained throughout - ankles and knees flexed	Control edge angles through a combination of inclination and angulation
	Basic switch riding with turns appropriate for the terrain - skidding acceptable	Continuous movement of both feet to produce a lead change at or near the apex of the turn

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STEEP SLOPE PERFORMANCE

SKIING	SNOWBOARD	TELEMARK
Rounded and connected shorter radius turns for a controlled and consistent fall line descent	Rounded and consistent shorter radius turns for controlled and consistent rate of descent	Rounded and connected shorter radius turns for a controlled and consistent fall line descent
Pole touch/plant aids in stabilization and timing	Uses a blend of torsional flex and steering movements to initiate turn	Pole touch/plant aids in stabilization and timing
Skis parallel and consistent width throughout turns	A blend of skidding and carving using steering resulting in upper/lower body separation	Skis parallel at initiation - convergence during turn acceptable
Simultaneous foot tipping at initiation – carving and skidding throughout the turns is acceptable	Simultaneous flexion and extension of the legs under a stable upper body to manage pressure on board	Simultaneous foot tipping at initiation – carving and skidding throughout the turns is acceptable
Edging achieved through inclination and angulation	Athletic stance maintained throughout - ankles and knees flexed	Edging achieved through inclination and angulation
		Skier uses a rate of lead change that complements the turn

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MOGUL/UNGROOMED SLOPE PERFORMANCE

SKIING	SNOWBOARD	TELEMARK
Connected turns for controlled fall line descent - consistent rate of descent	Connected turns for a controlled fall line descent - consistent rate of descent	Connected turns for controlled fall line descent - consistent rate of descent
Pole touch/plant aids in stabilization and timing	Flexing & extending of hips, knees and ankles to regulate pressure & maintain contact with the snow	Pole touch/plant aids in stabilization and timing
Skis turn under stable upper body	Demonstrates retraction or down-weighting to manage pressure	Skis turn under stable upper body
Rotary movements of the legs to navigate moguls or ungroomed terrain	Steering movements under a stable upper body creates upper/lower body separation to navigate terrain	Rotary movements of the legs, as required, to navigate mogul or ungroomed terrain
Maintains active balance throughout terrain changes	Athletic stance maintained throughout - ankles and knees flexed	Pressure regulation/absorption with flexion and extension to maintain contact with the snow
		Timing and intensity of the lead change are appropriate for the terrain