

SKILLS AND KNOWLEDGE ACQUIRED FOR THIS LEVEL

VISUALISATION SKILLS

Imagery, Imagination skiing, Visualization and Relaxation (ex. Floating on a cloud, Be an animal or a machine, Jelly Belly)

HEIGHTS SKI CULTURE

Name 3 facts about what is fun skiing at The Heights

RACING SKILLS

Green terrain. 15 tight direction changes. Brushes, stubbies. Demonstrate downhill stop or hockey stop on both sides.

ATHLETIC SKILLS

Downhill lateral hops. Rebound ankle action as high as possible. On the spot ankle rebound jumps. Boots unbuckled and buckled. Legs must be straight in the air.

PHYSICAL CAPACITIES

Dryland: Standing vertical jumps (score: ___); Single and double leg hops(score: ___); Stretching; Fun 10sec sprints. 5X1 min. recovery.

ANCILLARY KNOWLEDGE

Perform warm-up with group and understand basic concepts (Coach questions).
Up and down all around warm-up

ENVIRONMENT

Controlled turns on 3 different types of terrain. Adapts from flat to steep.

COMMENTS:

MID SEASON PROGRESS

B

S

G

COMMENTS

END OF SEASON EVALUATION

B

S

G

NEXT RECOMMENDED LEVEL:

COMMENTS

To move on to the next level:

- MUST have – minimum 2 SILVER and rest GOLD for all skiing skills (page 1)
- NICE to have – progress on Skills and Knowledge Acquired for this level (page 2)