



The Heights
SCC



ALPINE CANADA ALPIN

SKIER'S NAME:

MID-SEASON DATE:

TEAM:

END SEASON DATE:

LEVEL 3

THE MOBILE SKIER

SKILL LEVEL ATTRIBUTES:

- EXPERIMENTATION OF STEERING AND SLIDING
- MAINTAINING FORE AFT MOVEMENT
- INTRO TO LATERAL MOVEMENT (LATERAL PUSH)
- INTRODUCTION OF POLE PLANT FOR TIMING
- VISUALISATION SKILLS
- COMPETITIVE SPIRIT - GAMES

WINDOWS OF TRAINABILITY:

SPEED 1, SKILL, SUPPLENESS

COUNTS TOWARDS EVALUATION

DEMONSTRATE TECHNICAL SKILLS

Corridor sliding. Slide stop using a pole touch and upper and lower body separation

10 switches or pops using all joints - **GREEN TERRAIN**

1000 steps through entire turn from a carving outside ski and using all joints - **BLUE TERRAIN**

16 speiss using all joints and upper body separation - with poles

Free run carving on blue terrain using all joints in all planes

Short turns controlling speed on **MARDIS GRAS**

DEMONSTRATE DECISION/REACTION SKILLS

Brush course splits into 2 different courses. Skier responds to coach

Introduction to 25 mm long gates - basic corridor slalom - **BLUE TERRAIN**

DEMONSTRATE GATE SKILLS - TEST ITEMS

MARDIS GRAS; Straight Flush, 20 Stubbies, 1.5m VD

HURRICANE; 16 Stubbies, 4m VD, 2m OS - show 100% outside ski, pole plant

DEMONSTRATE SPEED SKILLS - TEST ITEMS

Demonstrate good tuck position in motion - **LOWER HURRICANE**

MID SEASON
PROGRESS

END OF SEASON
EVALUATION

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B BRONZE = ACQUISITION OF SKILLS

Can perform tasks at own pace in a stable, predictable, distraction free environment.

Coach can see that task is being executed in its general form, major improvement needed

Can repeat the task often with moderate precision

S SILVER = CONSOLIDATION OF SKILLS

Correct execution in variable conditions

Speed is increased moderately

Movements are getting more precise and consistent

G GOLD = REFINEMENT OF SKILLS

Minor improvement needed

High degree of precision and consistency in movements

Can perform skill at fast speed without fault

SKILLS AND KNOWLEDGE ACQUIRED FOR THIS LEVEL

VISUALISATION SKILLS

Skiers must choose and remind themselves of one skill while training;
 Skier answer a question why a mechanical principle works in practice.

HEIGHTS SKI CULTURE

Write down where you see yourself skiing in 5 years - race goals etc.

RACING SKILLS

Straddle brush dual: set half turns on green to Blue terrain.

ATHLETIC SKILLS

10m timed round trip skate on flat terrain

PHYSICAL CAPACITIES

Dryland: Vertical jump (score:); Broad jump (score:);
 Agility run (score:); Fun stretching

ANCILLARY KNOWLEDGE

Skier responsibility code test. Nutritional Awareness.

ENVIRONMENT

Free skiing tight turns over break-over maintaining control or SX track skiing

COMMENTS;

MID SEASON PROGRESS

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COMMENTS

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END OF SEASON EVALUATION

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NEXT RECOMMENDED LEVEL:

COMMENTS

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- 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)