



ALPINE CANADA ALPIN

SKIER'S NAME:

MID-SEASON DATE:

TEAM:

END SEASON DATE:

LEVEL 4

THE DYNAMIC SKIER

SKILL LEVEL ATTRIBUTES:

MAINTAINING LATERAL MOVEMENT

MAINTAINING STEERING AND SLIDING

POLE PLANT FOR TIMING

LATERAL EXPLOSIVENESS

LINEAR QUICKNESS OF FEET

COMPETITIVE SPIRIT - GAMES

WINDOWS OF TRAINABILITY:

SPEED 1, SKILL, SUPPLENESS

COUNTS TOWARDS EVALUATION

DEMONSTRATE TECHNICAL SKILLS

Pole plant: synchro skiing one behind the other

Short javelin turns using lower legs

Braquage using upper/lower body separation and strong outside ski

16 one leg speiss landing on the outside edges

Short turns maintaining speed on CHIEF

DEMONSTRATE DECISION/REACTION SKILLS

Kombi slalom with rhythm change, 1 flush, 2 hair pin - line

DEMONSTRATE GATE SKILLS - TEST ITEM

Blue terrain: Straight Flush, 20 long gates, 1m VD - HURRICANE

Blue terrain: 20 long gates, 4m VD x 3m OS, Panel Slalom;

Blue terrain: 15 GS gates, 8m VD x 6m OS

DEMONSTRATE TACTICAL SKILLS

Introduction to gate clearing, corridor, single gate rhythm change

Course inspection and memorization

DEMONSTRATE SPEED SKILLS

Downhill Stop

	MID SEASON EVALUATION			END OF SEASON EVALUATION		
	B	S	G	B	S	G
DEMONSTRATE TECHNICAL SKILLS						
Pole plant: synchro skiing one behind the other						
Short javelin turns using lower legs						
Braquage using upper/lower body separation and strong outside ski						
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DEMONSTRATE TACTICAL SKILLS						
Introduction to gate clearing, corridor, single gate rhythm change						
Course inspection and memorization						
DEMONSTRATE SPEED SKILLS						
Downhill Stop						

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

Can you see your bedroom? Can you see your equipment?
 What are you trying to do and feel in your run?

HEIGHTS SKI CULTURE

Describe your 5 year plan/goal for skiing??

RACING SKILLS

One ski duals in tight brush courses, right leg/left leg, 10-15 gates

ATHLETIC SKILLS

Figure 8 skating, 5m radius, flat terrain. Timed.

PHYSICAL CAPACITIES

Dryland: 20m shuttle run (score:); Vertical jump (score:); Broad jump (score:); Agility run (score:); 30 sec hurdle hop (3 inches high) (score:)

ANCILLARY KNOWLEDGE

Course inspection games.
 Stretch and relax technique.

ENVIRONMENT

Bump free skiing, blue terrain, Pole plant on top of bumps.
 Bump free skiing, green terrain, no poles.

SX SKILLS

Able to manage all types of SX terrain

COMMENTS:

MID SEASON PROGRESS

B	S	G
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COMMENTS

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END OF SEASON EVALUATION

B	S	G
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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)