



ALPINE CANADA ALPIN

SKIER'S NAME:

MID-SEASON DATE:

TEAM:

END SEASON DATE:

# LEVEL 1

## THE CONTROLLED SKIER

### SKILL LEVEL ATTRIBUTES:

- SAFETY
- CONTROL
- EXPERIMENTATION OF VERTICAL MOVEMENT
- INTRO TO CLUB AWARENESS
- VISUALISATION SKILLS
- INTRO TO COMPETITIVE SPIRIT - RELAY RACES

### WINDOWS OF TRAINABILITY:

SUPPLENESS & SPEED

### COUNTS TOWARDS EVALUATION

#### DEMONSTRATE TECHNICAL SKILLS - TEST ITEMS

Rocking forward and back traverse on Green Terrain

12 turns around obstacles lifting the inside ski on Green Terrain

Ski under 10 obstacles using all joints

Ski down a green run under control, using natural balance

#### DEMONSTRATE DECISION/REACTION SKILLS

Controlled stop on a dye line from a 15m straight run

Skier can show various stopping styles - hockey stop, snow plow, sliding

Athlete can negotiate a stubby jungle course on Green/Blue Terrain

#### DEMONSTRATE GATE SKILLS - TEST ITEMS

LITTLE BEAR: 4m VD flush, minimum 16 turns in brushes

LITTLE BEAR: 4m VD x 1 m OS x min. 16 turns in brushes

MID SEASON  
PROGRESS

END OF SEASON  
EVALUATION

B

S

G

B

S

G

### **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**

Imagery, Visualization, Relaxation (Ex. Floating on a cloud / Spaghetti toes / Jelly belly)

**Heights Ski Culture**

Name 3 facts about YOUR ski club.

**RACING SKILLS**

15m straight line one ski duals; both feet. Start and finish line skills. Flat terrain.

**ATHLETIC SKILLS**

On the spot ankle rebound jumps. Boots unbuckled and buckled.  
Ankle rebound jumps in motion. Green terrain. Boots unbuckled and buckled.

**PHYSICAL CAPACITIES**

Balance drills: single leg, eyes closed. 5 seconds explosive agility drill shuttle run.  
Fast feet ladder drills.

**ANCILLARY KNOWLEDGE**

Name 3 points from the skier's responsibility code.  
Up and down all around body warm-up.

**ENVIRONMENT**

Knowledge of riding all ski lifts at The Heights. Proper on/off and riding safety  
Intro to bump skiing. Intro to tree skiing.

**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)