

Pole jumpers in tuck

Objective: To jump while maintaining a tuck and clear a series of poles placed at 90 degrees to the skier's direction of travel.

Primary Skill: Pressure

Justification: Adjusting pressure under the foot and along the fore/aft axis of the ski is a critical component of balance. Clearing a series of poles while maintaining a straight path down the hill is accomplished with a take-off, flight and landing each having specific pressure control solutions. The ability to maintain a tuck while having an independent lower body capable of performing proficient jumps demonstrates independence and is used for aerodynamics.

Slope: Beginner groomed terrain that is even from side to side, without sidehill or fall-away.

Set-up: Eight poles are laid at 90 degrees across the fall-line at 8 meter spacing. The poles can be secured or unsecured to the snow surface. The start is 12 meters above the first pole and the finish is 12 meters below the last pole.

Description:

- Ski in a straight run down the fall-line in a tuck position
- Skier jumps once to clear each pole in the snow
- Tuck position is between a high and low tuck

Criteria for perfect execution:

- Skier maintains a straight path down the fall-line
- Skier maintains a tuck position such that if the skier were to pull their elbows back without moving their shoulders or hips, their elbows would touch some part of their thighs, with elbows no wider than the knees
- Equal distance maintained between both skis and knees
- Jump off and land on both feet simultaneously
- Skis do not touch poles
- Economy of movement from the jumping skier

Scoring:

Based on the description and criteria for perfect execution above, the skier will be judged on a scale from 0 to 10 where 10 is perfect demonstration of the skill and task and 0 is the inability to demonstrate the skill and task.

KID-FRIENDLY START INSTRUCTIONS:

- Ski straight down the hill in a tuck
- Jump over the poles without your skis touching the poles
- Keep your skis and knees the same distance apart
- Jump and land with both feet at the same time
- Jump from your legs, keeping the rest of your body quiet
- Stay between a high and low tuck – if you moved just your elbows back, they should touch somewhere on your thigh
- Your elbows should not be wider apart than your knees





PHASE 3

Girls Ages 10-13, Boys Ages 11-14
4-8 years in sport

One ski skiing

Objective: To ski solely on one ski connecting medium radius turns (15-18m turn apex to turn apex).

Primary Skill: Edging

Justification: The ability to adjust pressure fore and aft as well as regulate pressure through the transition and turn are essential for ski racing. Having one ski eliminates the balance advantage of being able to move from foot to foot and demands that the ski racer adjust their center-of-mass from one ski only.

Slope: Intermediate groomed terrain.

Description:

- Skier wears one ski
- Make eight linked medium radius (15-18m) turns
- Foot without ski is held completely off the snow and maintains a non-swinging position
- Skier will demonstrate right and left leg

Criteria for perfect execution:

- Free ski boot never touches the snow
- Free ski boot is not used for balance adjustment
- Speed is consistent throughout entire maneuver
- Turns are relatively round, carved, and of consistent radius
- Ski poles are not used inappropriately for balance

KID-FRIENDLY START INSTRUCTIONS:

- Ski on one ski for eight medium size turns, with the other ski off
- Do not touch your free boot on the snow or swing your foot
- Turns are round, carved, and the same size
- Keep your speed up through all the turns
- You may plant your pole to turn, but do not drag your poles or use them for balance
- Switch legs and repeat

Scoring:

Based on the description and criteria for perfect execution above, the skier will be judged on a scale from 0 to 10 where 10 is perfect demonstration of the skill and task and 0 is the inability to demonstrate the skill and task.

Score left footed and right footed trials separately. Total score is the average of the left and right scores.

Pivot slips

Objective: To go straight down the fall-line and be able to rotate both skis simultaneously in each direction until skis are perpendicular to the fall-line with sideslips between pivots while not losing excessive speed.

Primary Skill: Rotary

Justification: Upper body and lower body separation demonstrated by rotation of the skis while maintaining a quiet upper body in space is essential for efficient ski racing.

Slope: Intermediate groomed terrain with a consistent fall-line.

Description:

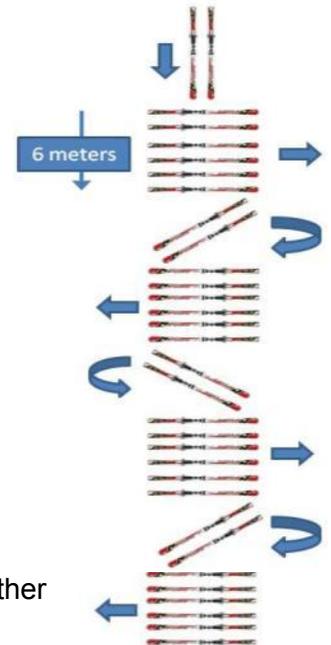
- Skier starts in a straight run down the fall-line
- Skis are maintained at hip width throughout the drill
- Skier travels 15 meters then pivots both skis across the fall-line
- Skier sideslips for six meters in a corridor down the fall-line, then pivots both skis in the opposite direction into a sideslip down the fall-line for another six meters
- Drill is concluded after the fourth sideslip, with an edge set that is timed with a pole plant and holds a stopped position for 3 seconds

Criteria for perfect execution:

- Skier stays within a ski-width corridor without deviation from the fall-line through entire drill
- Skis are pivoted simultaneously
- Hip width stance in all phases of the drill
- Skier loses a minimal amount of speed during the sideslips
- Pole plant coincides with edge set at conclusion of drill

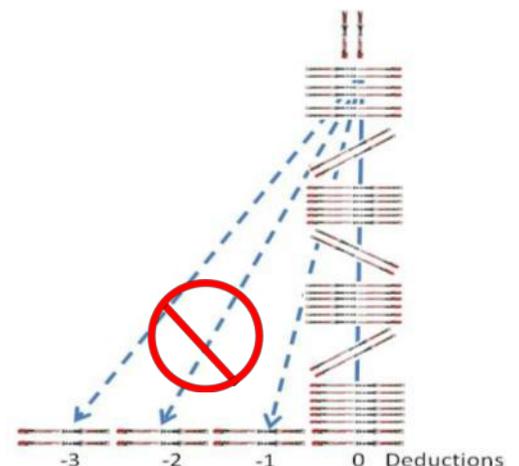
Scoring:

Based on the description and criteria for perfect execution above, the skier will be judged on a scale from 0 to 10 where 10 is perfect demonstration of the skill and task and 0 is the inability to demonstrate the skill and task.



KID-FRIENDLY START INSTRUCTIONS:

- Ski straight down the hill to get up to speed
- Then quickly pivot your skis to turn them across the hill, turning both feet sideways at the same time
- Slip sideways straight down the hill, trying not to lose much speed
- Quickly pivot your skis to turn them across the hill in the other direction followed by another sideslip
- You'll do four sideslips in all, two to each side
- Try not to lose much speed and stay in a straight line down the hill the whole time
- Keep your skis hip-width apart the whole time
- After the fourth sideslip, stop by setting your edges and planting your downhill pole
- Hold still for 3 seconds



Freeski – lane changes

Objective: To ski with an established rhythm and turn shape, then break that rhythm and re-create the same rhythm and turn shape in a new fall-line.

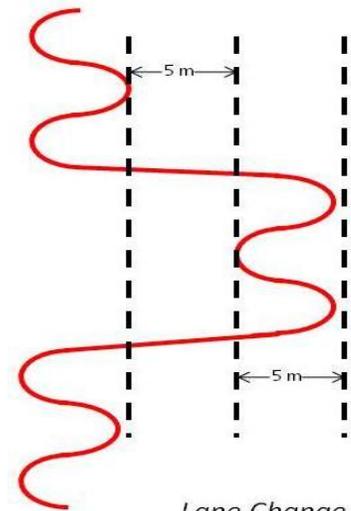
Primary Skill: Balance

Justification: To combine the skills of *rotary*, *edging*, and *pressure*.

Slope: Intermediate groomed terrain.

Description:

- Skier skis three turns in the fall-line of even size, rhythm and speed in a 5 meter wide corridor, then traverses across another 5 meter corridor to a new fall-line corridor and repeats for three turns
- The drill consists of six short turns sequences linked by five traverses



Lane Change Drill

Criteria for perfect execution:

- Balance is maintained in all three planes
- Turns are relatively round, carved, and of consistent radius
- Changing lanes is accomplished by a radical rhythm change where the skis continue across the fall-line without changing the radius of the exiting turn or the first turn in the new corridor
- Consistent speed is maintained throughout all portions of maneuver
- A pole swing coincides with edge release and center-of-mass movement into the new turn

Scoring:

Based on the description and criteria for perfect execution above, the skier will be judged on a scale from 0 to 10 where 10 is perfect demonstration of the skill and task and 0 is the inability to demonstrate the skill and task.

KID-FRIENDLY START INSTRUCTIONS:

- Ski three short radius turns in a corridor about as wide as a snow cat lane
- After the third turn, continue across the hill for about two cat-widths and start another three short turns section
- Ski six short turn sections connected by traverses
- Stay in balance
- The turns are carved and linked together
- All turns are of the same shape, but the third turn is taken across the hill to a new corridor
- Speed is maintained for all of the turns
- Use a pole swing or plant for each turn

Straight run in wave track

Objective: Using flexion and extension of the lower body to manage pressure against the snow over undulating terrain in an aerodynamic position.

Primary Skill: Pressure

Justification: Ski racers need to manage undulating terrain. On another level, the ski racer needs to have the ability to manage ski/snow pressure, either to create speed or to maintain speed.

Slope: Beginner slope