



ALPINE CANADA ALPIN

SKIER'S NAME:

MID-SEASON DATE:

TEAM:

END SEASON DATE:

LEVEL 4

THE DYNAMIC SKIER

SKILL LEVEL ATTRIBUTES:

- MAINTAINING LATERAL MOVEMENT
- TURNING & CARVING SKILLS
- POLE PLANT TIMING
- LATERAL EXPLOSIVENESS
- LINEAR QUICKNESS OF FEET
- COMPETITIVE SPIRIT

KEY FOCUS:

Speed Skill Suppleness

COUNTS TOWARDS EVALUATION

COUNTS TOWARDS EVALUATION	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						
Fast as possible braquage using upper/lower body separation and strong outside ski						
30 one leg speiss landing on the outside edges						
Short turns maintaining speed in Black steep terrain						
DEMONSTRATE DECISION/REACTION SKILLS						
4 coloured stubby gates per turn. 10 sections						
DEMONSTRATE GATE SKILLS						
Blue terrain: Straight Flush, 30 long gates, 1m VD						
Blue terrain: 30 long gates, 4m VD x 3m OS.						
Blue terrain: 30 GS gates, 8m VD x 6m OS						
DEMONSTRATE TACTICAL SKILLS						
Skier experiments building, maintaining and controlling speed on blue terrain						
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

<p>PSYCHOLOGICAL SKILLS Can you see your bedroom? Can you see your equipment? What are you trying to do and feel in your run?</p>	<p>CANADIAN SKI HERO Name 3 facts about a national team racer (equipment, best results, which club are they from, etc.)</p>		
<p>RACING SKILLS One ski duals in tight brush courses, right leg/left leg, 10-15 gates</p>	<p>ATHLETIC SKILLS Figure 8 skating, 5m radius, flat terrain. Timed.</p>		
<p>PHYSICAL CAPACITIES Dryland: 20m shuttle run (score:); Vertical jump (score:); Broad jump (score:); Agility run (score:); 30 sec hurdle hop (3 inches high) (score:)</p>	<p>ANCILLARY KNOWLEDGE Course inspection games. Stretch and relax technique.</p>		
<p>ENVIRONMENT Bump free skiing, blue terrain, Pole plant on top of bumps. Bump free skiing, green terrain, no poles.</p>	<p>SX SKILLS See Ski Cross Assessment Card</p>		
<p>MID SEASON PROGRESS</p>	B	S	G
<p>COMMENTS</p>			
<p>END OF SEASON EVALUATION</p>	B	S	G
<p>COMMENTS</p>			
<p>PARA SKILLS All the skills listed above can easily be adapted to para-skiers if required. Many of the drills and skills are transferable to para-skiers with little to no modification (for instance all pole plant drills can be done with outriggers), while others may require some adjustments (one-leg drills will not apply to sit skiers). The key is to adapt the drill specific to the needs and ability of the individual you're working with. You will find as you work with the skier, you will develop a good understanding of what they are physically capable of. Modifications may need to be made based on physical capacities, but while still teaching the same technical skill. When you are working with a para skier do not be scared to modify a drill to better suit their needs! If you have more questions about para-athletes and the technical skills please refer to http://www.alpinecanada.org/para-alpine/development-para-alpine</p>			
<p>NEXT RECOMMENDED LEVEL:</p> <p>To move on to the next level:</p> <ul style="list-style-type: none"> · 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) 			