



LEVEL 5 THE VERSATILE SKIER

SKILL LEVEL ATTRIBUTES:

EXPERIMENTATION IN ALL PLANES

MAINTAINING POLE PLANT

TIMING, COORDINATION, RYTHYM

ROTATIONAL STABILITY

INTRO TO RACE DISCIPLINES

COMPETITIVE SPIRIT

KEY FOCUS:

Speed Skill Suppleness

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

END OF SEASON MID SEASON COUNTS TOWARDS EVALUATION PROGRESS EVALUATION В В **DEMONSTRATE TECHNICAL SKILLS** Medium round turns while carving the outside ski Norwegian pole plant. Quick rhythm & w/ upper/lower body separation Free ski carving in Med. speed terrain generating speed & taking risk Mini GS (12m) Brushes at 3-6 meters in a mogul run **DEMONSTRATE DECISION/REACTION SKILLS** Crazy combo rhythym course, Stubbies/brushes, Blue terrain, No. inspection. **DEMONSTRATE GATE SKILLS** Black terrain: 4m VD x 3m OS x min 45 turns (long gates) Black terrain: 8m VD x 6m OS x min 45 turns GS gates **DEMONSTRATE TACTICAL SKILLS** Intro to hairpin and flush combinations. Stubbies.; Free run alternating 6 short turns then 6 long on black terrain.; Learn to inspect and identify course characteristics **DEMONSTRATE SPEED SKILLS** Gliding tuck turns

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

ALPINE CANADA ALPIN

Can perform skill at fast speed without fault







SKILLS AND KNOWLEDGE ACQUIRED FOR THIS LEVEL

PSYCHOLOGICAL SKILLS Do you know waht you say to yourself? Is it helpful? If not, change it.			CANADIAN SKI HERO Name 3 facts about a national team racer (equipment, best results, which club are they from, etc.)	
RACING SKILLS 6m dual old style. Long gates.; Intro to shinning brushes and stubbies.			ATHLETIC SKILLS Maximum Speiss over 30. Good pole plant and using ankles	
PHYSICAL CAPACITIES 20m shuttle run (score:); Vertical jump (score:); Broad jump (score:); Penta jumps (5 continuous bounds) (score:); 45 sec box jump (20cm) (score:); 30 sec push ups; 30 sec sit ups; Chin up max; Agility Ball Cone, small triangle (score:)				ANCILLARY KNOWLEDGE Advanced warm-up and all joint flexibility; Hydration knowledge and practice (bring water bottle); Skier explains focus on stretch sensations. Imagining muscles getting longer.
ENVIRONMENT Brushes or stubbies course in bumps. Short turns 15-20 gates.;			SX SKILLS See Ski Cross Assessment Card	
Or follow the leader in bumps (for areas with no bumps); Tucking into 2ft speed jump (not flat landing). Increase start heights 3 times by 6m.; Tucking and pressing, good landings.			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	
MID SEASON PROGRESS	B	S	G	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
COMMENTS				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
END OF SEASON EVALUATION	В	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)