

SPORTCHEK



ALPINE CANADA ALPIN

SKIER'S NAME:

MID-SEASON DATE:

TEAM:

END SEASON DATE:

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

COUNTS TOWARDS EVALUATION

	MID SEASON PROGRESS			END OF SEASON EVALUATION		
	B	S	G	B	S	G
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 rhythm 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						

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 Do you know what you say to yourself? Is it helpful? If not, change it.</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 6m dual old style. Long gates.; Intro to shinning brushes and stubbies.</p>	<p>ATHLETIC SKILLS Maximum Speiss over 30. Good pole plant and using ankles</p>		
<p>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:)</p>	<p>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.</p>		
<p>ENVIRONMENT Brushes or stubbies course in bumps. Short turns 15-20 gates.; 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.</p>	<p>SX SKILLS See Ski Cross Assessment Card</p>		
<p>MID SEASON PROGRESS</p>	<p>B</p>	<p>S</p>	<p>G</p>
<p>COMMENTS</p>			
<p>END OF SEASON EVALUATION</p>	<p>B</p>	<p>S</p>	<p>G</p>
<p>COMMENTS</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)