

SPORTCHEK



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 MOUNTAIN AWARENESS
- PSYCHOLOGICAL SKILLS
- INTRO TO COMPETITIVE SPIRIT

### WINDOWS OF TRAINABILITY:

- SUPPLENESS & SPEED

### COUNTS TOWARDS EVALUATION

	MID SEASON PROGRESS			END OF SEASON EVALUATION		
	B	S	G	B	S	G
<b>DEMONSTRATE TECHNICAL SKILLS</b>						
Rocking forward and back traverse						
25 turns around obstacles lifting the inside ski						
Ski under 25 obstacles using all joints						
Ski down a green run under control, using natural balance						
<b>DEMONSTRATE DECISION/REACTION SKILLS</b>						
Stop on coach's command. Visual and audible cues						
Skier has choice of stopping styles						
Athlete is involved in decision making						
<b>DEMONSTRATE GATE SKILLS</b>						
Green terrain: 4m VD flush, minium 25 turns in brushes						
Green terrain: 4m VD x 1m OS x minimum 25 turns in brushes						

### **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

### PSYCHOLOGICAL SKILLS

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

### CANADIAN SKI HERO

Name 3 facts about a national team racer (equipment, best results, which club are they from, etc.)

### RACING SKILLS

30m straight line one ski duals; both feet. Start and finish line skills.

### 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. Fast feet.  
Work on the splits; both directions.

### ANCILLARY KNOWLEDGE

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

### ENVIRONMENT

Knowledge of riding lifts. Able to ski kids tree trails.  
Snowplow turns in bumps.

### 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>

### MID SEASON PROGRESS

B	S	G
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### COMMENTS

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### END OF SEASON EVALUATION

B	S	G
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### NEXT RECOMMENDED LEVEL:

### COMMENTS

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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)