



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

WINDOWS OF TRAINABILITY:

- SPEED 1, SKILL, SUPPLENESS

COUNTS TOWARDS EVALUATION

| | MID SEASON PROGRESS | | | END OF SEASON EVALUATION | | |
|---|---------------------|---|---|--------------------------|---|---|
| | B | S | G | B | S | G |
| DEMONSTRATE TECHNICAL SKILLS | | | | | | |
| Angulation drill w/ pole plant on blue dot (min. 45 gates leaning on outside) | | | | | | |
| Norwegian pole plant. Quick rhythm & w/ upper/lower body separation | | | | | | |
| Full inclination touch snow turns (hand or hip), Feet close, Medium round turns while carving the outside ski | | | | | | |
| Mini GS (12m) hitting with back of shoulder and jumping over blue dye | | | | | | |
| Brushes at 3-6 meters in a mogul run | | | | | | |
| Free ski carving in Med. speed terrain generating speed & taking risk | | | | | | |
| DEMONSTRATE DECISION/REACTION SKILLS | | | | | | |
| Crazy combo rhythm course. Stubbies/brushes. Blue terrain. No inspection. | | | | | | |
| DEMONSTRATE GATE SKILLS | | | | | | |
| Black terrain: 1m VD fence line x min 45 turns | | | | | | |
| 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



LEVEL 5

THE VERSATILE SKIER



ALPINE CANADA ALPIN

SKILLS AND KNOWLEDGE ACQUIRED FOR THIS LEVEL

PSYCHOLOGICAL SKILLS

Do you know what 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.;
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.

SX SKILLS

See Ski Cross Assessment Card

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

COMMENTS

END OF SEASON EVALUATION

B 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)