



ALPINE CANADA ALPIN

SKIER'S NAME:

MID-SEASON DATE:

TEAM:

END SEASON DATE:

# LEVEL 7

## THE COMPETITIVE SKI RACER

### SKILL LEVEL ATTRIBUTES:

- EVENT SPECIFIC RACE SKILLS
- GENERATING AND MAINTAINING SPEED
- ROTATIONAL QUICKNESS
- COMPETITIVE SPIRIT

### WINDOWS OF TRAINABILITY:

- GIRLS SPEED 2, SKILL, GIRLS SUPPLENESS 2
- BOYS SPEED 1

### COUNTS TOWARDS EVALUATION

|   | MID SEASON PROGRESS |   |   | END OF SEASON EVALUATION |   |   |
|---|---------------------|---|---|--------------------------|---|---|
|   | B                   | S | G | B                        | S | G |
| <b>DEMONSTRATE TECHNICAL SKILLS</b>   |                     |   |   |                          |   |   |
| The stivot drill in GS or Slalom using upper/lower body separation  |                     |   |   |                          |   |   |
| Picket fence dual: 50 gates, 1-5m, steep, from fall line to fall line                                       |                     |   |   |                          |   |   |
| Delay drills: 3 turns delay, 3 turns delay  |                     |   |   |                          |   |   |
| Rosie Drill   |                     |   |   |                          |   |   |
| Slalom stubbie course alternating one section complex, one section corridor. 8 gates/section, min. 50 turns |                     |   |   |                          |   |   |
| Free ski long turns (min 18m) in difficult terrain w/ bumps, roots and difficult snow                       |                     |   |   |                          |   |   |
| <b>DEMONSTRATE DECISION/REACTION SKILLS</b>   |                     |   |   |                          |   |   |
| Blind start into crazy combo course (break-over). Mixture of gates on blue terrain. No inspection.          |                     |   |   |                          |   |   |
| Shadow course and enter on coach's signal   |                     |   |   |                          |   |   |
| <b>DEMONSTRATE GATE SKILLS</b>  |                     |   |   |                          |   |   |
| Black terrain: 18m VD x 8m OS x min 25 turns GS gates   |                     |   |   |                          |   |   |
| Black terrain: 4m VD x 4m OS into 8m VD x 8m OS (min 40 turns) (Kombi)                                      |                     |   |   |                          |   |   |
| <b>DEMONSTRATE TACTICAL SKILLS</b>  |                     |   |   |                          |   |   |
| Flushes into hairpins course  |                     |   |   |                          |   |   |
| Cross block with variation  |                     |   |   |                          |   |   |
| Course inspection without coach   |                     |   |   |                          |   |   |
| <b>DEMONSTRATE SPEED SKILLS</b>   |                     |   |   |                          |   |   |
| Intro to Super-G  |                     |   |   |                          |   |   |

### **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 7**  
THE COMPETITIVE SKI RACER



**ALPINE CANADA ALPIN**

**SKILLS AND KNOWLEDGE ACQUIRED FOR THIS LEVEL**

|  |   |          |  |
|--|---|----------|--|
| <p><b>PSYCHOLOGICAL SKILLS</b><br/>Pre-race routine and reminders (athlete design with coach);<br/>On course reminders and cue words.</p>  | <p><b>CANADIAN SKI HERO</b><br/>Name 3 facts about a national team racer (equipment, best results, which club are they from, etc.)</p>        |          |  |
| <p><b>RACING SKILLS</b><br/>Tuck turn dual: GS &amp; Sl, easy terrain, 1/2 turns. Skier's body inside stubbie gate 90%. Bump dual: easy bumps, 10-15 brushes.</p>  | <p><b>ATHLETIC SKILLS</b><br/>Upper body polling, 30m round trip, timed or dual. Non-stop runs, short turns, volume.</p>                      |          |  |
| <p><b>PHYSICAL CAPACITIES</b><br/>Dryland: 20m shuttle run (score:     ); Vertical jump (score:     );<br/>Broad jump (score:     ); Penta jumps (5 continuous bounds) (score:     );<br/>Agility run (score:     ); 60 sec box test (score:     )</p> | <p><b>ANCILLARY KNOWLEDGE</b><br/>Waxing and scraping skis, Able to recognize sharp edges;<br/>Advanced warm-up and all joint flexibility</p> |          |  |
| <p><b>ENVIRONMENT</b><br/>Free ski GS corridor switch into Sl corridor at break over. Skier demonstrates carving and speed control.</p>  | <p><b>SX SKILLS</b><br/>See Ski Cross Assessment Card</p>   |          |  |
| <p><b>MID SEASON PROGRESS</b></p>  | <p>B</p>  | <p>S</p> | <p>G</p>   |
| <p><b>COMMENTS</b></p>   |   |          |  |
| <p><b>END OF SEASON EVALUATION</b></p>   | <p>B</p>  | <p>S</p> | <p>G</p>   |
| <p><b>COMMENTS</b></p>   |   |          | <p><b>NEXT RECOMMENDED LEVEL:</b></p> <p>To move on to the next level:</p> <ul style="list-style-type: none"> <li>· MUST have – minimum 2 SILVER and rest GOLD for all skiing skills (page 1)</li> <li>· NICE to have – progress on Skills and Knowledge Acquired for this level (page 2)</li> </ul> |