

LEVEL 2
DEVELOPMENT & ASSESSMENT TASKS
February 2009

These tasks are designed to help instructors develop specific body movements that are integral to good skiing. Additionally, these tasks can be employed in assessments because of the focus they place on the very same movements, as well as the discipline required to master them.

The following includes:

- A brief guide to the movements that add-up to good, functional skiing. These movements should be observable in all free-skiing maneuvers and in all demonstrations. These movements should also be observable (in varying degrees with an understanding of timing and priorities) in the listed tasks.
- A description of each task that should allow the reader the ability to understand and perform the task at a basic level. Some definitions will, by necessity, be more involved than others, and a solid working knowledge of current instruction terminology may be required for full understanding.
- A list of Task Criteria that can be used to isolate the key elements that must be present for the task to be gradable (that is, to actually be performed).
- A Skill Focus list that can be used to determine the quality of the task performed. This list may include the sequentiality of the movements, the physical limitations in which the task should be performed, the specific movements that must be isolated within the performance of the task or some combination of these.
- Also, a review of the basic movements of functional skiing on each task will give the reader an over-view of the requirements to perform the tasks well.

THE BASIC MOVEMENTS OF FUNCTIONAL SKIING

- Flexion and extension movements that affect the ankles, knees, hips and vertebrae are crucial to create and maintain dynamic balance over the entire foot in order to control pressure and manage terrain.
- The legs must be turned under the upper body for effective control of turn shape and in order to maintain balance. These movements are generated in the hip joint, but are apparent in the legs and feet, resulting in a stable and quiet upper body.
- Balance is directed to the outside ski to effectively regulate and capitalize on external forces and turn the skis with strength and efficiency.
- Diagonal movements of the feet, legs and hips are used to smoothly engage and release the edges and to assure early edge engagement within the turn.
- The upper body and the pole swing are directed in a purposeful manner to flow with the skis through turns and from turn to turn. When a pole touch is appropriate, the timing of the touch must compliment the desired outcome.
- Speed control is a result of turn shape, and in general, speed should remain constant throughout an entire sequence of maneuvers.

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1. The Dynamic Wedge Turn Performed on groomed green or groomed easy blue terrain.

The skier links medium radius carved wedge turns.

Task Criteria:

- The wedge size must remain consistent from start to stop.
- The turn radius must not vary (turn radius to be determined by exam team).
- Minimal skid is used and then only to maintain turn radius.
- The inside leg is actively steered to maintain the wedge.

Skill Focus:

-A carved turn is accomplished by edging and pressuring movements with the outside leg (edging movements).

2. The Modified Stem Christie Performed on groomed green or blue terrain.

At turn initiation, the skier balances over the old outside ski while extending the new outside leg and stemming the new outside ski. The timing of the extension is slightly delayed in comparison to a traditional stem Christy. This achieves a progressive lengthening of the body as opposed to an early vertical extension. After the extension movement the skier actively transfers weight to the new outside ski and begins to (relatively quickly) steer the inside ski to a parallel position. The turn progresses naturally to the fall line at which point the skier begins to flex and shape the bottom of the turn.

If a pole touch is required (as is likely), the pole swing is timed with the extension/stem movements and the touch is timed with the weight transfer to the new outside ski.

Note: The “stem” may be either a classic stem, in which the ski remains on the snow, or a step, in which the ski is picked up and placed at the desired angle.

Task Criteria:

- The stem occurs with a deliberate extension of the new outside leg.
- Weight transfer and match happen as a continuous, fluid movement.
- Edge change of the inside ski occurs after weight is transferred to the outside ski.

Skill Focus:

- Directional Movement (balance).

3. Outside Ski Turns Performed on groomed blue terrain.

The skier performs a short to medium radius turn (to defined by examiner) while completely lifting the inside ski from the snow. An early and complete weight transfer allows the skier to completely lift the new inside ski from the snow immediately after turn initiation.

Task Criteria:

- The inside ski must be completely off the snow throughout the turn.
- The skier should not rely on their poles, particularly the inside pole, to maintain balance.

Skill Focus:

- Fore/aft & Lateral alignment (balance).

4. Skating

Performed on flats or a slight uphill

Skating on skis is very similar to skating on ice skates or roller blades. The skis are in a “V” formation, which allows forward propulsion to be generated by pushing off an edged ski. Pole use should also aid in propulsion and rhythm.

Task Criteria:

- The upper body, or core, maintains a forward body position.
- Forward motion must occur.
- There is weight transfer from ski to ski, which allows the skier to balance while gliding.

Skill Focus:

- Directed movement (balance) from a platform is crucial, as is the ability to fluidly release and re-engage the edges (edging).

5. Leapers

Performed on groomed green or groomed blue terrain.

At the transition between turns the skier “leaps” in the air with a purposeful up un-weighting move. During landing, flexion is used to regulate the resultant pressure, and a controlled parallel turn is completed. A series of 10 or more may be required.

Task Criteria:

- The skis must be parallel throughout the maneuver.
- Up un-weighting is used to get both skis off the snow. The up un-weighting movement is done from an edged platform.
- Edge change occurs when the skis are in the air.

Skill Focus:

- Demonstration of properly directed movement in conjunction with pressure management (pressure).

6. Side Slips with Turns in a Corridor

Performed on groomed blue terrain.

With skis directly across the fall line, the skier releases the edges and slips approximately 3 meters down the fall line while keeping the skis perpendicular to the fall line. At this point the skier makes a short, pivoted turn and then sideslips down the hill facing the other direction. This is repeated after another ~3 meter side-slip (Corridor width TBD by exam team). A pole swing and touch should compliment the skiing movements.

Task Criteria:

- The corridor must be maintained.
- The skis must be parallel throughout the maneuver.
- A pole touch is required.

Skill Focus:

- Leg steering independent of upper body (rotary).

7. Ski without Poles

Performed on blue terrain.

No pole skiing and all turn sizes and types of terrain and conditions can be used.

Task Criteria:

- The skier is not adversely affected while skiing without poles.
- The ski poles are left behind in a safe place.

Skill Focus:

- Balance (See the Basic Movements of Functional Skiing).

8. Railroad Tracks

Performed on green terrain.

The skier performs shallow arced turns (the radius is mostly dictated by the ski's sidecut).

Task Criteria:

- The tails of both skis completely follow the path of the tips. This translates into no skidding.
- Progressive tipping movements create the edge angle.
- Edging movements that originate in the feet and move up to the knees and hips.

Skill Focus:

- Progressive edging