

LEVEL 3
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.

LEVEL 3 TASKS

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1. Javelin Turns

Performed on green terrain.

The skier performs outside ski turns while completely lifting the inside ski from the snow. The elevated ski maintains a direction down the fall line while the outside ski is steered underneath through the finishing phase of the turn. This results in a balanced and aligned counter relationship in the finishing phase.

Task Criteria:

- The inside ski is lifted off the snow at or before the edge change to the new outside ski.
- The inside ski is deliberately placed back on the snow at the end of the finishing phase of the turn.
- Active leg steering through finishing phase results in upper/lower body separation.

Skill Focus:

- Body alignment (Balance).

2. Pivot Slips

Performed on groomed blue terrain.

With skis directly across the fall-line, the skier releases the edges and slips down the fall-line maintaining the skis across the fall-line. Within a couple of meters the skier pivots (foot steers) the skis 180 degrees. The skier then repeats the maneuver with minimal distance between pivots. The exact terrain, distance, pole touch, and/or number of pivots to be determined by the Exam Team.

Task Criteria:

- Corridor must be maintained without stopping.
- The center of mass travels directly down the hill.
- The skis are parallel throughout the maneuver.
- Directional movement is timed with a pole swing.

Skill Focus:

- Leg steering independent of upper body (rotary).

3. Hop Turns

Any and all terrain is fair game.

From a platform formed by both skis, the skier uses an up movement to bring both skis off the ground. While in the air the skier simultaneously turns both skis across the fall-line and lands. Pressure is managed which sets the skier up to repeat. A pole touch is timed with the landing, creating a constant swinging of the poles.

Task Criteria:

- The skis are parallel throughout.
- The pole touch is timed with the landing and it stabilizes the upper body for steering.
- Two clean (non-skidded) tracks are left with each repetition.
- Steering must be completed prior to contact with the snow.

Skill Focus:

- Accurate flexion and extension movements (pressure control).

4. Short Swing Turns

Performed on groomed blue or groomed black terrain.

The skier creates a short radius turn with a check through the finish phase. The amount of edge set to form the check is determined by the steepness of the terrain. The skier times the pole touch with the edge “set.”

Task Criteria:

- Snow must be thrown from the skis in a downhill direction.

Skill Focus:

- Timing and intensity of edging movements (edging).

5. Charleston

Performed on groomed green or groomed blue terrain.

The skier performs a series of short radius turns on the inside ski while keeping the outside ski off snow. The skier uses a pole touch, and it is timed with the edge change. Inside leg steering is used to create a round turn.

Task Criteria:

- Outside edge to outside edge.
- Pole touch timed with edge change.

Skill Focus:

- Accurate and directed pressure control movements (pressure).

6. Single Ski Turns

Performed on groomed blue terrain.

The skier performs a series of turns on one foot only. A pole touch is required, and the skier may be asked to perform the maneuver on either or both feet.

Task Criteria:

- The turns must be linked.
- The turns must be of consistent shape.

Skill Focus:

- Balance (see the basic movements of functional skiing).

7. Delayed Weight Transfer Turns

Performed on any groomed terrain.

The outside ski is lifted off the snow during the first half of every turn (the initiation and ½ of the shaping phase). The outside leg is extended to set the ski back on the snow near the apex of the turn.

Task Criteria:

- The new outside ski is lifted off the snow before the edge change keeping the body weight over the new inside ski which delays the weight transfer to the outside ski.
- The turn is initiated on a flexed inside leg and the skier moves both laterally and forward through the boot cuff.
- Continual flow is achieved through pressure management during lateral weight transfer.

Skill Focus:

- Directional movement (balance).

8. Funnel or Rhythm Changes

Performed on Blue terrain.

The skier links a series of turns that change radius as per the direction of the Exam Team.

Examples include:

Start with large radius turns and progress smoothly through medium radius to short.

Perform four short radius turns followed by four medium radius turns and repeat...

During these demonstrations the skier will use an appropriate pole swing and touch, while being tactical in the transitions from turn type to turn type.

Task Criteria:

- The basic movements of functional skiing are evident throughout (skill blending).

Skill Focus:

- Timing and intensity of edging movements (edging).

9. Ski without Poles

Performed on black terrain.

No pole skiing and all turn sizes and types of terrain and conditions can be used. (for example bumps crud, powder, wind buff, corn, slush, coral reef, breakable crust, etc.)

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).

10. Arcing

Performed on groomed blue terrain.

The definition of arcing is a purely carved turn.

Task Criteria:

- The tails of both skis completely follow the path of the tips. This translates into no skidding.

- The skier moved progressively throughout the turn.

- Both skis are actively pressured to bend them into an arc.

Skill Focus:

- Accurate edging movements