

SOUTHERN DIVISION SENIOR ALPINE PERFORMANCE OBJECTIVES

The purpose the Senior Ski/Ride performance objective is to improve the understanding of expectations of the Senior candidate at the Senior Clinic and Evaluation resulting in increased success rate. This is not intended to be a training document.

SENIOR ALPINE SKI/RIDE EVALUATION: Ski/ride skills demonstrated on moguls or most difficult terrain

- Short Radius Turns: Within a 15ft wide corridor (approx. groomer width)
- Medium Radius Turns: Within a 15ft to 30ft wide corridor
- Long Radius Turns: Within a >30ft wide corridor

Critical Standard: Demonstrate control, consistent speed and linked turns.

Essential criteria for each turn type noted above:

1. Rounded turns with consistent size and shape.
2. Skis are parallel with no apparent tail or tip divergence. Tails of skis or snowboard follow tips through each arc of the turn.
3. Fore/aft balance maintained by assertive flexion and extension of ankles, knees and hips while managing pressure along the whole length of the ski/board.
4. Short radius pole swings with touches occurs at transition.
5. Upper lower body separation with lower body rotating beneath a stable torso to the degree required for intended turn shape/radius.
6. Snowboarder's shoulders stay in line with the edge of the board.
7. Tip board or skis simultaneously onto the new edge prior to turning.
8. Pressure is directed to the outside ski through the turn apex.
9. Manage changes in terrain and slope conditions with consistent/controlled speed.

Moguls/Crud/Off Piste:

Critical Standard: Demonstrate smooth, rounded or elliptical turn shape with minimal skidding and appropriate pole plant/touch.

Essential criteria

1. Consistent turn rhythm with size and shape of turns adapted to terrain.
2. Skis are parallel with no apparent tail or tip divergence. Tails of skis or snowboard follow tips through each arc of the turn. Beginning and shaping portion of the turn should be carved.
3. Fore/aft balance maintained by assertive flexion and extension of ankles, knees and hips while managing pressure along the whole length of the ski/board.
4. Upper body is generally oriented to the fall line while maintaining upper and lower body separation.
5. Tip board or skis simultaneously onto the new edge prior to turning.
6. Direction of travel generally follows the fall-line while managing changes in terrain and slope conditions with consistent/controlled speed.

Equipment Carry

Critical Standard: Demonstrate use of a variety of turns and maneuvers to adapt to variable conditions and terrain

Essential criteria:

1. Demonstrate a variety of carved, skidded and wedge turns as terrain requires.
2. Skis are parallel with no apparent tail or tip divergence. Tails of skis or snowboard follow tips through each arc of the turn. Beginning and shaping portion of the turn should be carved.
3. Fore/aft balance maintained by assertive flexion and extension of ankles, knees and hips while managing pressure along the whole length of the ski/board.
4. Upper body is generally oriented to the fall line while maintaining upper and lower body separation.
5. Tip board or skis simultaneously onto the new edge prior to turning.
6. Direction of travel generally follows the fall-line while managing changes in terrain and slope conditions with consistent/controlled speed.

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SENIOR ALPINE TOBOGGAN EVALUATION: Skills and maneuvers for safe and efficient toboggan handling demonstrated on moguls or most difficult terrain

Snow plow or wedge

Critical standard: Demonstrate effective movement with consistent speed in all directions and terrain changes. Stop where instructed.

Essential criteria:

1. Active fore/aft balance and pressure along the length of the ski/board.
2. Effective edge control by tipping and flattening skis or snowboard.
3. Demonstrates consistent speed by anticipating and managing variation in terrain.
4. Demonstrates skills in a variety of terrain and changing condition using active flexion and extension of the ankles, knees and hips.
5. Lateral stability through progressive body inclination and angulation.
6. Snowboarders demonstrate use of heel side and toe side skills

Sideslip

Critical standard: Demonstrate effective movement by slipping edges either direction without traversing while keeping consistent speed. Stop where instructed.

Essential criteria:

1. Active fore/aft balance and pressure along the length of the ski/board.
2. Effective edge control by tipping and flattening skis or snowboard.
3. Demonstrates consistent speed by anticipating and managing variation in terrain.
4. Demonstrates skills in a variety of terrain and changing condition using active flexion and extension of the ankles, knees and hips.
5. Lateral stability through progressive body inclination and angulation.
6. Snowboard Sideslip and Falling Leaf: Demonstrate ability to maintain heel side edge though out.

Static Direction Change

Critical Standard: Demonstrate change with minimal loss of elevation in a safe, smooth and efficient manner.

Essential criteria:

1. Static direction change lifting and rotating one ski at a time to face the opposite direction, commonly called a "kick turn". May also be accomplished with a "quick wedge and match", with minimal elevation loss.
2. Snowboarders may perform a jump turn.

Transition Skills

Critical Standard: Demonstrate effective movement by changing edges and direction while staying in the fall line in a narrow corridor while keeping consistent speed.

Essential criteria:

1. Maintain a narrow fall line descent
2. Change direction from sideslip by wedge or pivot (not turning)
3. Active fore/aft balance and pressure along the length of the ski/board.
4. Effective edge control by tipping and flattening skis or snowboard.
5. Demonstrates consistent speed by anticipating and managing variation in terrain.
6. Demonstrates skills in a variety of terrain and changing condition using active flexion and extension of the ankles, knees and hips.
7. Lateral stability through progressive body inclination and angulation.
8. Snowboard Transition: Demonstrate changing from one breaking edge to the other while spinning the board.

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Unloaded Toboggan

Critical Standard: Demonstrate safe and efficient transport of the toboggan to the scene.

Essential criteria:

1. Selects appropriate route considering skier traffic, obstacles, trail merging, terrain, and slope conditions.
2. Operates at efficient, safe, and controlled yet urgent speed without stopping or stalling.
3. Communicates with skiing public as needed.
4. Ability to perform transitions, sideslips, wedge and traverses when terrain and conditions dictate.
5. Controls descent and direction through active steering while minimizing toboggan slipping
6. Manages changes in terrain and slope conditions through active flexion and extension of ankles, knees and hips while keeping the toboggan in the direction of travel.
7. Approach to accident scene that minimizes risk.
8. Interacts with patrollers to properly position and secure the toboggan easily and efficiently anticipating passenger injury and the exit.
9. Demonstrates emergency stop if asked.

Loaded Toboggan Front

Critical Standard: Demonstrate safe and efficient control of the toboggan while monitoring the patient and rear operator.

Essential criteria:

1. Maintains awareness of surroundings.
2. Selects appropriate route considering skier traffic, obstacles, trail merging, terrain, and snow conditions.
3. Communicates with the skiing public, passenger and rear operator as needed.
4. Controls descent and direction through active steering while minimizing toboggan slipping.
5. steady speed using effective wedge, sideslip, transitions skills when terrain and slope conditions dictate.
6. If chain break is used, demonstrates ability to utilize the chain brake effectively to maintain consistent speed with minimal stopping or stalling.
7. Demonstrates emergency stop if asked

Loaded Toboggan Rear

Critical Standard: Demonstrate safe and effective management of the tail rope while using appropriate skills and maneuvers while maintaining optimal position to brake or emergency stop the toboggan.

Essential criteria:

1. Maintains awareness of surrounding – looks uphill prior to starting, assesses slope conditions, anticipates route selection.
2. Does not impede the front operator's steering and descent of the toboggan.
3. Communicates with the skiing public, passenger and front operator as needed.
4. Manages changes in terrain and slope conditions through active flexion and extension of the ankles, knees and hips.
5. Effective use of skills (wedge, sideslip, transitions and falling leaf) to control speed and braking when terrain and conditions dictate.
6. Minimizes toboggan slipping during traverses through appropriate rope tension and alignment to the toboggan.
7. Maintains adequate/appropriate distance and alignment to the toboggan while managing the rope.
8. Demonstrates emergency stop if asked.

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NSP Central Senior skills videos

<https://www.youtube.com/@centraldivision-nationalsk4688>

NSP Eastern Division alpine skills videos

<https://www.youtube.com/@nsp-east>

Evaluation Scoring

(-) score: Essential criteria do not appear, or are beginning to appear but not with consistency at the required level

(=) score: Essential criteria appear frequently, at the required level

(+) score: Essential criteria appear consistently above the required level

PSIA 5 fundamentals of Skiing

1. Control the relationship of the center of mass to the base of support to direct pressure along the length of the skis.
2. Control the pressure from ski to ski and direct pressure toward the outside ski.
3. Control edge angles through a combination of angulation and inclination.
4. Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body.
5. Regulate the magnitude of pressure created through the ski/snow interaction.

AASI 6 fundamentals of Snowboarding

1. Control the relationship of the center of mass to the base of support to direct pressure along the length of the board.
2. Control the relationship of the center of mass to the base of support to direct pressure across the width of the board.
3. Regulate the magnitude of pressure created through the board/surface interaction.
4. Control the board's tilt through a combination of inclination and angulation.
5. Control the board's pivot through flexion/extension and rotation of the body.
6. Control the twist (torsional flex) of the board through flexion/extension and rotation.

PSIA 6 fundamentals of Telemark Skiing

1. Control the fore/ aft relationship of the center of mass to the base of support to manage pressure along the length of the skis.
2. Control the size, intensity, and timing of the lead change.
3. Control edge angles through a combination of inclination and angulation.
4. Control the lateral relationship of the center of mass to the base of support to manage pressure from ski to ski.
5. Regulate the amount of pressure created through ski/snow interaction.
6. Control the turning of the skis with rotation of the feet and legs in conjunction with discipline in the upper body.