

Alpine Ski Fundamentals

USST Ski Fundamentals Assessment



BASIC SKIING

Athletic Stance - <i>the skier should demonstrate:</i>	YES	NO
Balanced and centered stance with flexion in the ankles, knees and hips.....	<input type="checkbox"/>	<input type="checkbox"/>
Hips facing (square) in the direction of the skis.....	<input type="checkbox"/>	<input type="checkbox"/>
Weight evenly distributed on both skis.....	<input type="checkbox"/>	<input type="checkbox"/>
Hands in front of the body.....	<input type="checkbox"/>	<input type="checkbox"/>
Looking ahead	<input type="checkbox"/>	<input type="checkbox"/>

Parallel Position - <i>the skier should demonstrate:</i>	YES	NO
Parallel skis in a comfortable stance width - uphill ski advanced.....	<input type="checkbox"/>	<input type="checkbox"/>
Alignment of the ankles, knees, hips and shoulders in a parallel relationship.....	<input type="checkbox"/>	<input type="checkbox"/>
Uphill hip raised.....	<input type="checkbox"/>	<input type="checkbox"/>
Weight is over the middle of the downhill ski.	<input type="checkbox"/>	<input type="checkbox"/>
Hands forward and shoulders relaxed.	<input type="checkbox"/>	<input type="checkbox"/>
Upper body facing in the direction of the hip.....	<input type="checkbox"/>	<input type="checkbox"/>
Looking ahead	<input type="checkbox"/>	<input type="checkbox"/>

Traverse - <i>the skier should demonstrate:</i>	YES	NO
Dynamic balance in a Parallel Position throughout the traverse.....	<input type="checkbox"/>	<input type="checkbox"/>
Both uphill edges are tracking.....	<input type="checkbox"/>	<input type="checkbox"/>
A straight track	<input type="checkbox"/>	<input type="checkbox"/>
Consistent snow contact with both skis	<input type="checkbox"/>	<input type="checkbox"/>
Weight on the downhill ski	<input type="checkbox"/>	<input type="checkbox"/>
Looking ahead	<input type="checkbox"/>	<input type="checkbox"/>

"Please note that the free version of Adobe Reader provided with this CD-ROM will only allow you to save the blank form to your computer - no data that you input will be saved. In order to save each form with the data you input, the full version of Adobe Acrobat Standard or Professional is required"

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BASIC SKIING *(continued)*

Side Slipping - <i>the skier should demonstrate:</i>	YES	NO
Dynamic balance in a Parallel Position throughout the sideslip.....	<input type="checkbox"/>	<input type="checkbox"/>
Managed edge angle and pressure to achieve a smooth sideslip.	<input type="checkbox"/>	<input type="checkbox"/>
Use of knees & ankles in the Parallel Position for smooth edge release & engagement.	<input type="checkbox"/>	<input type="checkbox"/>
Edge set resulting in a complete stop.....	<input type="checkbox"/>	<input type="checkbox"/>
Hands forward	<input type="checkbox"/>	<input type="checkbox"/>
Looking down the hill in direction of travel.	<input type="checkbox"/>	<input type="checkbox"/>

Garland - <i>the skier should demonstrate:</i>	YES	NO
A traverse (straight line) in a Parallel Position	<input type="checkbox"/>	<input type="checkbox"/>
Edge release by squaring hips and moving up into an athletic stance.....	<input type="checkbox"/>	<input type="checkbox"/>
Edge release that causes skier to drift into the direction of the fall-line (not actively turning)	<input type="checkbox"/>	<input type="checkbox"/>
Smooth edge release and engagement	<input type="checkbox"/>	<input type="checkbox"/>
Hands forward and looking ahead throughout the exercise	<input type="checkbox"/>	<input type="checkbox"/>

Parallel Turns - <i>the skier should demonstrate:</i>	YES	NO
Parallel turns in succession	<input type="checkbox"/>	<input type="checkbox"/>
Rhythm, control & balance while executing parallel turns with consistent speed and radii.	<input type="checkbox"/>	<input type="checkbox"/>
Parallel position executed in parallel turns	<input type="checkbox"/>	<input type="checkbox"/>
Calm upper body.....	<input type="checkbox"/>	<input type="checkbox"/>
Looking ahead.....	<input type="checkbox"/>	<input type="checkbox"/>

TOTAL BASIC SKIING		
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POLE PLANT

Pole Plant Mechanics - <i>the skier should demonstrate:</i>	YES	NO
The ability to maintain a quiet upper body.	<input type="checkbox"/>	<input type="checkbox"/>
Hands remain in front of the body	<input type="checkbox"/>	<input type="checkbox"/>
Pole is planted by the tip of the ski	<input type="checkbox"/>	<input type="checkbox"/>
A smooth movement through the preparation, plant and finish.	<input type="checkbox"/>	<input type="checkbox"/>
Timing of the pole plant must coincide with upward movement.....	<input type="checkbox"/>	<input type="checkbox"/>
Looking ahead	<input type="checkbox"/>	<input type="checkbox"/>

Single Pole Plant - <i>the skier should demonstrate:</i>	YES	NO
Proper pole plant mechanics	<input type="checkbox"/>	<input type="checkbox"/>
Proper timing of the single pole plant with parallel turns (i.e. at the completion phase or crossover point).....	<input type="checkbox"/>	<input type="checkbox"/>
Smooth rhythmical movements.....	<input type="checkbox"/>	<input type="checkbox"/>
Balanced parallel turns in the fall-line.....	<input type="checkbox"/>	<input type="checkbox"/>
Looking ahead.....	<input type="checkbox"/>	<input type="checkbox"/>

Double Pole Plant - <i>the skier should demonstrate:</i>	YES	NO
Proper pole plant mechanics	<input type="checkbox"/>	<input type="checkbox"/>
Proper timing of the double pole plant with parallel turns (crossover point).....	<input type="checkbox"/>	<input type="checkbox"/>
Smooth rhythmical movements	<input type="checkbox"/>	<input type="checkbox"/>
Balanced parallel turns in the fall-line	<input type="checkbox"/>	<input type="checkbox"/>
Looking ahead	<input type="checkbox"/>	<input type="checkbox"/>

TOTAL POLE PLANT	<input type="checkbox"/>	<input type="checkbox"/>
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CARVING TURNS/TRANSITIONS

Corridor Drill - <i>the skier should demonstrate:</i>	YES	NO
Snow contact throughout turn, particularly in transition	<input type="checkbox"/>	<input type="checkbox"/>
Balanced, symmetrical carved parallel turns of no particular radii	<input type="checkbox"/>	<input type="checkbox"/>
Appropriate ankle flexion and use of knees to roll skis over in transition.....	<input type="checkbox"/>	<input type="checkbox"/>
Skis tracking on the same path through the transition.....	<input type="checkbox"/>	<input type="checkbox"/>
Looking ahead	<input type="checkbox"/>	<input type="checkbox"/>

Edging Drill - <i>the skier should demonstrate:</i>	YES	NO
Smooth and rhythmical carved parallel turns throughout drill.....	<input type="checkbox"/>	<input type="checkbox"/>
Snow contact throughout drill	<input type="checkbox"/>	<input type="checkbox"/>
Ability to execute subtle edging movements leading to more aggressive edging movements with balance and timing.....	<input type="checkbox"/>	<input type="checkbox"/>
The ability to increase pressure between the ski and the snow to tighten turn radii	<input type="checkbox"/>	<input type="checkbox"/>
Looking ahead	<input type="checkbox"/>	<input type="checkbox"/>

Angulation Drill - <i>the skier should demonstrate:</i>	YES	NO
The ability to control inside of hip to maintain lateral balance at a high edge angle.....	<input type="checkbox"/>	<input type="checkbox"/>
Angulation of the ankle, knee and hip to create edge angle while maintaining balance.....	<input type="checkbox"/>	<input type="checkbox"/>
The ability to keep inside hand in established position in the turning phase.....	<input type="checkbox"/>	<input type="checkbox"/>
Smooth and rhythmical carved parallel turns at consistent speed and radii.....	<input type="checkbox"/>	<input type="checkbox"/>
Change of hands that corresponds to change in hip at the crossover.....	<input type="checkbox"/>	<input type="checkbox"/>
Looking ahead	<input type="checkbox"/>	<input type="checkbox"/>

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CARVING TURNS/TRANSITIONS *(continued)*

Carved Parallel Turns - <i>the skier should demonstrate:</i>	YES	NO
Control and Balance while executing carved parallel turns.	<input type="checkbox"/>	<input type="checkbox"/>
Carved parallel turns with apex of turn as close as possible to the fall-line	<input type="checkbox"/>	<input type="checkbox"/>
Parallel position executed in carved parallel turns	<input type="checkbox"/>	<input type="checkbox"/>
Transitions with snow contact.....	<input type="checkbox"/>	<input type="checkbox"/>
Linked turns in which the uphill edge/edges turn over to the downhill..... edge/edges at the crossover.	<input type="checkbox"/>	<input type="checkbox"/>
Calm upper body	<input type="checkbox"/>	<input type="checkbox"/>
Looking ahead	<input type="checkbox"/>	<input type="checkbox"/>

Turn Shape - <i>the skier should demonstrate:</i>	YES	NO
A clean carved turn	<input type="checkbox"/>	<input type="checkbox"/>
Snow contact	<input type="checkbox"/>	<input type="checkbox"/>
A carved turn with a turn radius that is on the panels	<input type="checkbox"/>	<input type="checkbox"/>
The apex of the turn is equidistant between the gates	<input type="checkbox"/>	<input type="checkbox"/>
Looking ahead	<input type="checkbox"/>	<input type="checkbox"/>

TOTAL CARVING TURNS/TRANSITIONS	<input type="text"/>	<input type="text"/>
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GLIDING

Glide Track - <i>the skier should demonstrate:</i>	YES	NO
Consistent width of stance	<input type="checkbox"/>	<input type="checkbox"/>
Consistent and parallel lower leg	<input type="checkbox"/>	<input type="checkbox"/>
Consistent pressure distribution i.e. snow contact laterally and fore-aft	<input type="checkbox"/>	<input type="checkbox"/>
Consistent aerodynamic body position.....	<input type="checkbox"/>	<input type="checkbox"/>
Looking ahead.....	<input type="checkbox"/>	<input type="checkbox"/>

Glide Turns - <i>the skier should demonstrate:</i>	YES	NO
Smooth and rhythmical parallel turns and transitions	<input type="checkbox"/>	<input type="checkbox"/>
Consistent snow contact	<input type="checkbox"/>	<input type="checkbox"/>
Subtle edge control.....	<input type="checkbox"/>	<input type="checkbox"/>
Balanced, aerodynamic upper body	<input type="checkbox"/>	<input type="checkbox"/>
Assume the fastest line possible through timing feedback.	<input type="checkbox"/>	<input type="checkbox"/>
Looking ahead	<input type="checkbox"/>	<input type="checkbox"/>

TOTAL GLIDING	<input type="checkbox"/>	<input type="checkbox"/>
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JUMPING/TERRAIN

Single Pole Jumpers - <i>the skier should demonstrate:</i>	YES	NO
Use of the legs to flex/extend (i.e. quiet upper body)	<input type="checkbox"/>	<input type="checkbox"/>
Aerodynamic position with the upper body throughout the drill	<input type="checkbox"/>	<input type="checkbox"/>
Consistent stance and leg shafts	<input type="checkbox"/>	<input type="checkbox"/>
Jumping movement off of the balls of the feet that is timed appropriately with respect to the poles	<input type="checkbox"/>	<input type="checkbox"/>
Skis parallel to the snow during flight, or dolphin movement as demonstrated	<input type="checkbox"/>	<input type="checkbox"/>
Soft landing	<input type="checkbox"/>	<input type="checkbox"/>
Looking ahead	<input type="checkbox"/>	<input type="checkbox"/>

Roll - <i>the skier should demonstrate:</i>	YES	NO
Use of the legs to flex/extend (i.e. quiet upper body)	<input type="checkbox"/>	<input type="checkbox"/>
Consistent stance and leg shafts	<input type="checkbox"/>	<input type="checkbox"/>
Jumps are timed appropriately with respect to the roll	<input type="checkbox"/>	<input type="checkbox"/>
Skis parallel to the snow during flight.	<input type="checkbox"/>	<input type="checkbox"/>
Aerodynamic position with the upper body throughout the drill	<input type="checkbox"/>	<input type="checkbox"/>
Soft landing	<input type="checkbox"/>	<input type="checkbox"/>
Looking ahead	<input type="checkbox"/>	<input type="checkbox"/>

Wave - <i>the skier should demonstrate:</i>	YES	NO
Balance and rhythm throughout the drill	<input type="checkbox"/>	<input type="checkbox"/>
Consistent snow contact	<input type="checkbox"/>	<input type="checkbox"/>
Parallel lower legs	<input type="checkbox"/>	<input type="checkbox"/>
Absorbing movement that includes a forward move, retraction and extension of the legs	<input type="checkbox"/>	<input type="checkbox"/>
Absorbing movement that is timed appropriately with respect to the terrain	<input type="checkbox"/>	<input type="checkbox"/>
Aerodynamic hands and upper body position	<input type="checkbox"/>	<input type="checkbox"/>
Looking ahead	<input type="checkbox"/>	<input type="checkbox"/>

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JUMPING/TERRAIN *(continued)*

Jump Press - <i>the skier should demonstrate:</i>	YES	NO
Approach includes an athletic stance in which the athlete is centered with balance on the balls of the feet	<input type="checkbox"/>	<input type="checkbox"/>
Press movement is timed appropriately	<input type="checkbox"/>	<input type="checkbox"/>
Skis parallel to the snow during flight	<input type="checkbox"/>	<input type="checkbox"/>
Soft landing	<input type="checkbox"/>	<input type="checkbox"/>
Looking ahead	<input type="checkbox"/>	<input type="checkbox"/>

TOTAL JUMPING/TERRAIN	<input type="text"/>	<input type="text"/>
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