

Name:

Team (FS or B):

Date:

notes...Coaches:

- athlete must "own" a skill to get the "check!"
- use your initials to "check" a skill off.

<p>Basic Skiing Fundamentals</p> <ul style="list-style-type: none">• ___ stands well in boots• ___ stacked body w/out moving• ___ stacked while skiing• ___ hands forward while skiing• ___ upper body downhill while skiing• ___ pressures tongues while skiing• ___ round turns, not skidded• ___ proper turn initiation (no shoulders, no tail push)• ___ pole plants• ___ edge control• ___ carving turns, large radius• ___ carving turns, short radius• ___ turn symmetry?• ___ absorption/extension in the flats <p>Mogul skiing fundamentals</p> <ul style="list-style-type: none">• ___ body position and stance, not moving• ___ maintains a line, TB• ___ legs together• ___ head up• ___ correct upper body, while skiing• ___ pole plants: quiet hands, where planting?, always reaching• ___ absorption• ___ extension!• ___ ski-snow contact, drive tips• ___ skis troughs or turns on moguls?• ___ re-enters moguls successfully after air• ___ at least one correct method of speed control	<p>Basic Jumping</p> <ul style="list-style-type: none">• ___ 4 pt takeoff• ___ T-set• ___ FULL extension/pop• ___ 4 pt landing• ___ eyes up on takeoff AND landing• ___ wait til Apex to do single maneuver (i.e. spread, grab, whatever...not "tricking" early)• ___ skis straight thru landing• ___ stands up to good skiing form upon landing <p>Basic Boxes</p> <ul style="list-style-type: none">• ___ 50-50• ___ sideways skier slide (fully perpendicular to box, not 45 degrees)• ___ feet apart• ___ weight on downhill ski• ___ control of upper body, no flailing• ___ eyes focused on end of box• ___ completes all boxes at okemo (mostly)• ___ gap onto box vs ride-on style <p>360 basics</p> <ul style="list-style-type: none">• ___ pop first• ___ pops off of toes• ___ 4pt takeoff• ___ set -- patient, eyes shoulders hips, appropriate set for jump size• ___ spot 180• ___ spot landing• ___ 4pt pt landing