

SKI STUDENTS MOVEMENT PATTERNS AND CHARACTERISTICS BY LEVEL

First Time

- Never skied at a mountain before

Beginner:

- Skis Green terrain on Magic Carpet and/or Penny Complex.
- Can put on and take off skis.
- Can walk, side step and herringbone.
- Can stop by turning or increasing size of Wedge.
- Demonstrates slight changes in direction.
- Direction changes show little rhythm, flow or consistency.
- Shows little knowledge of turn shape to control speed.
- Can load/unload chair safely.
- Shows willingness to learn.
- Knows Skier's Responsibility Code

Intermediate

- Skis all Green terrain. Skis most Blue terrain depending on snow conditions.
- Glides with skis in a parallel position or small Wedge.
- Can stop by turning or with a hockey stop.
- Demonstrates turns which are "Z" shaped and/or somewhat round.
- Turns are starting to show rhythm, flow but lack consistency.
- Shows knowledge that direction changes control speed.
- Beginning to explore different turn shapes, terrain variations, freestyle moves, difficult snow conditions and racing.
- Shows desire to learn more.
- Knows Skier's Responsibility Code and uses it with a little coaching.

Advanced

- Skis all Blue terrain in all snow conditions. Skis all Black groomed terrain. Skis most Black terrain in difficult snow conditions.
- Glides with skis in a parallel position. Wedge is used only as a functional tool, e.g. In a lift line, turning in tight places, etc.
- Can stop with a hockey stop on command.
- Demonstrates turns which are round.
- Turns show rhythm and flow with consistency.
- Understands that turns are meant to change direction which by default controls speed. In other words, turns don't control speed - direction changes control speed. Totally different mindset – offensive vs defensive movement patterns.
- Can demonstrate different turn shapes at varying speeds.
- Becoming very proficient at skiing bumps, difficult snow conditions, freestyle moves and racing.
- Can load/unload all chairs safely and explain/demonstrate how to do so.
- Embraces the need for continual exploring/learning.
- Knows Skier's Responsibility Code and uses it consistently every run.