



2018 Ski and Snowboard Pros Guide

This guide has been created by the Beaver Valley Recreational Staff to develop, deliver and evaluate daily plans that contribute to participants' development in the following areas:

- Ski safety
- Cooperation
- Independence
- Listening skills
- Self-confidence
- Goal-setting
- Group/peer learning
- Task focused activities

The planning tips in this guide address the physical, mental, emotional, cognitive as well as the technical and tactical needs. These essential considerations follow closely the phases of athlete development. This guide references the CSIA, Alpine Canada and Aim to Win.

Staff Roles

Head of Recreation

The Head of Recreation brings an overall vision for the recreational programs and sees that it is implemented over the season. In order to ensure this happens the Head of Recreation will train all the coaches both on snow and through indoor sessions. The Head of Recreation focuses on a quality program being provided at each level and skills are being learned during the correct "windows of opportunity". The Head of Recreation will support staff on hill as a mentor in instructing situations as well as technically when it comes to event sets etc. The Head of Recreation will manage the majority of electronic parent communication along with the Alpine Programs Coordinator which will include sending parent updates on Sundays with highlights of the weekend and plans for the upcoming weekend.

Programs Supervisors

The Programs Supervisors will focus on delivering quality programming for all recreational programs. They will work closely with the Head of Recreation on program layout, staff training and event planning. Due to the size of recreational programs at Beaver Valley the supervisors play a critical role in building lifelong skiers and riders.

Pros

A Pro is a skier or rider with a personal commitment to be the best they can be. Inspire & Motivate. Share personal stories – make teaching real, creative, accurate & be genuine. Being organized and professional go a long way to creating a positive experience. Keep written records – these help you to point out progress & individual successes. Social is the main reason parents list for signing up for programs as well as: building self-esteem, having fun, developing skills, increasing fitness & making friends. Remember the importance of motivating the group as a whole. Each child wants to be part of a group make interactions with others a focus each day your role is to mix the group.

- Make sure everyone is well dressed, ready to slide and ride, visited the washroom before the parent or guardian leaves.
- Greet everyone & make sure you are visible at the meeting area, a minimum of five minutes before program start time.
- Week 1 review the procedure if someone becomes separated from the group. They should go immediately to the nearest lift and tell the lift attendant there that they have lost their group.
- If you are missing a student before the start of the class report it to your supervisor and make sure to lap a nearby lift in case the student shows up late.
- If you are missing a student during class go to the nearest lift and report it to your immediate supervisor by using the lift attendant's radio. (channel 3 on the radio)
- The aim of your group is to have fun and progress together as a group, mileage is the key, only 10 minute breaks if absolutely necessary.

Be creative use time in & out of equipment to have fun & build skill

Pros Availability

Beaver Valley's recreational programs consist of two holiday camps, 8 weekends of programming and a March Break Camp. When it comes to staffing for each of these program blocks we give priority to pros who can commit to the full session. Consistent instructing is key to team building and a participant's success which is why this commitment is so important. We will be asking for pros availability prior to the beginning of the season and will place coaches who can work the entire season first and fill in with "floating" staff.

Pros Daily Schedule

A pros daily attendance for the morning sessions during the season is crucial in the delivery of a consistent, quality program for your participants. A pros session schedule will be made available well in advance. The goal will be to focus on the various skill sets that are outlined in the weekly plans and have a progression throughout the session. Other aspects that will be addressed are; pros personal performance of exercises, free skiing, video analysis. With this being said, the Head of Recreation intends to remain inclusive with the staff and provide a fun learning experience during each session.

- 8:00 – Coaches Meeting
- 8:10 – Coaches Session On-Snow or Indoor
- 9:20 – Program Meeting Area to Pick Up Group
- 11:25 – Return to Meeting Area to Drop Off Group
- 12:25 – Pick Up Group for Afternoon Session
- 2:25 – Drop Off Athletes for the Day
- 2:45 – Meet Coaches Interested in Afternoon Training Session

Staff Room

Beaver Valley provides the pros staff with a room at the top of the hill with space to leave equipment, dry racks for boots and gloves and a space to eat lunch. In order to keep the pros room clean for the over 100 staff that use the area you must RETURN YOUR DISHES to the Keg once you have finished your meal and generally CLEAN UP after yourselves. If you are found leaving the pros room a mess you will have to clean the entire room. At the end of the season please make sure to take all your equipment home with you as the coaches room is used for netting and race equipment storage.

LTAD- Long Term Athlete Development and Where Racing Fits

Active Start ages 0-6 – Development Programs (Recreational)

An Active Start is key to a child's healthy athletic development, starting as an infant all the way through their early school years. Parents need to provide opportunity for daily activity.

FUNDamentals, Females 6-8, Males 6-9– Development and Progression Programs

During the Fundamentals stage children should develop fundamental movement skills, including ABC's of Agility, Balance, Coordination and Speed. Children should participate in a fun and challenging multi-sport environment. Early elementary school age children need to participate in a variety of well-structured activities that develop basic skills. However, activities and programs need to maintain a focus on fun and formal competition should only be minimally introduced.

Learn to Train, Females 8-11, Males 9-12 – Progression Programs

During the Learn to Train stage children should be covering their fundamental movement skills. This stage is "The Golden Age Of Learning" for specific sport skills. Children in this stage are ready to begin training according to more formalized methods. However, the emphasis should still be on general sport skills suitable to a number of activities.

Train to Train, Females 11-15, Males 12-16 – Competitive Programs

During the Train to Train stage young athletes need to build an aerobic base and consolidate their sport specific skills. Towards the end of the stage, they need to focus on strength and the anaerobic alactic energy system. Increased training hours are needed at this stage to develop each athletes long-term potential.

Train to Compete, Females 15-21, Males 16-23 – Competitive Programs

In the Train to Compete stage athletes choose one sport in which they will train to excel. Athletes will train to solidify their sport-specific skills and all of their physical capacities. These athletes are aiming to compete in national and international events. This is where competition becomes serious.

Train to Win, Females 18+, Males 19+ - Competitive Programs

The Train to Win stage is the final stage of the LTAD high performance stream. Medals and podium performances are the primary focus. In the train to win stage of LTAD, athletes with identified talent pursue high-intensity training to win international events. They are now full time athletes.

Active for Life – Progression and Adult Programs

The Active for Life stage of LTAD is the final destination of all Canadians. In this stage, athletes and participants enjoy lifelong participation in a variety of competitive and recreational opportunities in sport and physical activity. If the participant decides not to compete, this stage can be entered at the age of 12 +, beginning with developing physical literacy in infancy, and evolves to being Competitive for Life and/or Fit for Life through all phases of adulthood.

Pros Daily Check List

- Always have the guide on hand
- Use this guide to develop and modify daily training plans for your group. Include warm up, activation and cool down phases

- Set daily goals for your group, individual participants and yourself. When appropriate, communicate and co-develop goals with your group, parents of participants , co-coaches and supervisor
- Prepare for and participate in pros training sessions
- Communicate one on one with each participant daily. Provide positive, descriptive and relevant feedback
- Continuously remind your group of safe practices, including a daily reminder of EAP's for separated or injured athletes. Always follow the Alpine Responsibility Code
- Perform visual equipment checks prior to loading for the first run and throughout the day
- Record goals, successes and areas for growth in this guide
- Remember you are part of a team! Share concerns and ideas with peers, DPST, Head of Recreation or Alpine Programs Manager in a professional manner.

Early Season Thoughts

- Observe and assess the skills of your group and notify the Head of Recreation or supervisor of any necessary changes. Record your observations whenever possible.
- Make sure equipment is correct for the athlete's skill level.
- Use natural terrain and gate environments to target specific technical and tactical skill development. Be safe, creative and fun.
- A visual is worth a thousand words! Commit to demonstrating skills and drills for your group. Reach out to your peers if you need help.
- Apply the principles outlined in the initiation, acquisition consolidation and refinement phases of skill development. Consider the needs of each participant and the learning momentum of your group before moving on to a new skill.
- Assess participants from the feet up. Many issues that pros struggle with can be remedied by focusing on stance and balance and also control of rotational separation.
- Expect change, but remember participants at this phase of development will often demonstrate regression as part of their learning progression. Skill development is fluid and it is your responsibility to guide long term athleticism.
- Be engaged.
- Incorporate fun, competitive activities in your daily plan to promote a healthy atmosphere of skiing or riding.
- If you are having fun, your participants will certainly absorb your enthusiasm and become lifelong skiers or riders.

Basic Skiing Skills Defined

Stance & Balance

- Stance describes an athlete's natural position
- Balance involves forward, backward, vertical, lateral and rotational planes

Focus on developing:

A natural, athletic posture in varied environments

- Arms open and at chest height, shoulders ahead of the knees, width of stance to suit snow conditions and build of athlete
- Use of all joints
- Upper body slightly rolled through the spine , engage hips for power, knees for steering direction and ankles for edging Balance is felt through the arch of the foot

Timing & Coordination

- Timing describes the athlete's ability to determine the precise moment for initiating or completing an action
- Coordination brings all motor movements into a common movement or action pattern

Focus on developing:

Pole plant at turn initiation, pressure building and release, varied turn shapes and sizes, sequence of movements

Steering & Edging

- Steering describes the athlete's ability to use the lower leg and feet to help guide the equipment in a specific direction
- Edging combines inclination and angulation to place the equipment on edge

Focus on developing:

Upper and lower body separation and use of all joints

Pressure Control & Carving

- Pressure control describes the athlete's use of extension/flexion in the legs to maintain, increase or decrease the pressure through the arc on varied terrain and conditions
- Carving requires the athletes to engage the edge of the ski or snowboard at the appropriate time

Focus on developing:

Maintaining weight over the active edge and use of all joints

Event Days

Event days can be a very stressful for participants. Here are a few tools to help with event day stressors

- Establish a meeting place with participants and parents.
- Let the parents know the plan well in advance.
- Hand out bibs and remind athletes to have them visible at all times.
- Inspect the course.
- Have warm up runs prior to event to gain confidence.
- Congratulate the team on a great day.
- Attend awards and model good sportsmanship and professionalism at all times.
- Have a meeting place and time for parents to meet athletes for pick up. Remember Duty of Care.
- Communicate event day rules.
- All athletes are different. Manage nerves individually.

Basic Decision Training and Tools

- Variable Practice: Require the athlete to learn a number of variations of a skill in a competitive setting
- Random Practice : Combine different skills of the sport within game-like drills that simulate competition
- Bandwidth feedback : Feedback is gradually reduced or faded requiring the athlete to function more independently of external guidance
- Questioning: Ask questions that probe what the athlete understands about the drill, tactic or skill being trained
- Hard-first instruction: Complex technical and tactical information is present early in the season rather than later

- Modeling : Athletes view an expert or other athlete in order to learn what is required to perform; this allows the athlete to learn to analyze skills and strategies relevant to their sport

Team Building 101

One of the most valuable roles as a pro working with young participants is to nurture team spirit within your training group. Communicate and role model behavioural expectations with participants and parents from the get go, and incorporate team building activities throughout each day. Always present an attitude of approachability to your group and parents. Your efforts will decrease the amount of time spent addressing behavioural and group management issues allowing you to focus on skill development.

Team Building Cycle

Remember, one of our basic human needs is to feel we belong to something bigger than ourselves, and for kids that need is often met by being part of a group. Have fun and work hard - your group will follow your lead.

Skill Development is enhanced by

- Free skiing for many miles, in all conditions, both supervised and unsupervised
- Utilizing mental training techniques
- A well planned training program with specific goals and objectives
- Terrain selection to challenge the skier at the skier's ability
- Instruct the performance of a movement vs instructing the look of a movement

Free Skiing as much as possible is the most simple and effective method to encourage skill development at the entry level.

Skill development

- Utilizing proper terrain for skill acquisition
- Utilizing a variety of terrain and snow conditions to build confidence and challenge the children
- Train all radius of turns
- Utilizing mental skill training techniques (breathing, goal-setting , focus, activation control, visualization)
- Knowledge of the planes of balance and movement
- Awareness of the children's abilities at the current level they are working on
- Terrain selection to enhance skill acquisition
- Drill selection (drill/skill matching)

Development and Progression Programs

Beavers- Parent and Tot

Family Fun! Parent or guardian is guided by a Pro to introduce young skiers and snowboarders to glide. Each new adventure is introduced in a positive & supportive way. Beginner terrain & supportive sliding on all green slopes when prepared. Young participants must be off of tether & contented to be with a Pro to progress. We recommend that a minimum of 15 hours of programming is necessary to progress to Valley Development Program.

Valleys

Develop the ability to turn on terrain from beginner to Exhibition. Focus is on an athletic stance for gliding & using turns to manage speed. Mileage on snow is correlated to progression. We recommend that a minimum of 65 hours of programming is necessary to progress to Foothills Development Program.

Foothills

Mobility & athletic stance are the focus for our green sliders to access blue terrain (Eager Beaver) with ease and rhythm. Working on independent legs (skiers) and better grip on the snow advances sliders from wedge to parallel in skiers and smooth turn linking for snowboarders. Mileage on snow is correlated to progression. We recommend that a minimum of 70 hours of programming is necessary to progress to Mountain Progression Program.

Mountain

Movement patterns are coordinated to allow for varied turn shape, management of speed on black terrain & developing grip throughout the arc of a turn. Benchmark skills for this program are varied turn shape, rhythm for pole plant and consistent parallel on Boomer to Freefall. We recommend that a minimum of 70 hours of programming is necessary to progress to Progression Programs, Race or Freestyle.

Seasonal Training Plan

Week 1 – 3: Stance and Balance

Goal: Focus on stance and balance, look to make sure athlete have a natural stance. Focus on technical free skiing to get athlete comfortable on skis. Identify and improve technical problems. Focus on rotational separation as a skill set to achieve proper balance and flow from arc to arc.

Include the following daily throughout the program:

- Morning warm up
- Technical free ski and drills (supervised and unsupervised)
- Training environment to achieve targeted skill acquisition, whether in drill courses, courses or free skiing
- Use appropriate terrain
- Keep it fun
- Maintain safety at all times
- Force outcomes with external cues
- Use decision training to include the athlete in their skiing progression
- Use visualization and focus

Drills for stance and balance: Thousand steps, hands all over, fall line skiing, power plow, boots undone, one ski turns , wide to narrow stance, jump turns , bumps, follow the leader, banana turns , double pole plant, braquage, tall or small , drag the outside pole, tapping inside ski, airplane turns and javelin, ski with no poles .

Environments: Varied terrain, bumps, terrain park, skating around brushes, apex drills, modified GS and SL courses, pole out in front (for separation), gates on angle to promote separation.

Tactics

- Turn shape, type of turn, speed of travel, environment, video, mental training and visualization

Sessions and Drills for Coaching Education

- Stance and balance making sure Pros can show a good picture to the athletes
- Open dialog for all Pros to contribute
- Fundamental stage drills for all participants. Thousand steps, hands all over, fall line skating , one ski turns, wide to narrow, jump turns , bumps, follow the leader, roller blade turns, pole in front, braquage, power plow
- Reintroduce drills to promote stance and balance
- Address drills that promote control of rotational separation and flow from arc to arc

Keep in mind, participants will progress at different rates throughout the season based on a number of factors. Continue to work with all participants, but you need to start looking at individual needs. Before moving forward participants should have a good natural stance and flow.

Skill: Stance & Balance

Goal: Review and follow "Early Season Thoughts" page and have a safe and fun first day with your group.

Participants need to explore balance on all planes and begin to find their natural, athletic stance. Stance and Balance work continues every day throughout the season with this age group

Weeks: 4 -5 Timing and Coordination and Flow

Goal: Continue working on stance and balance and control of rotational separation. By this time participants should be comfortable and well balanced ready to move to other skills such as timing and coordination. Participants who are ready for poles need to understand how and when to pole plant. Pole planting must be up and forward near the front of the ski but keep in mind the pole plant is forty five degrees from the ski, so the athlete is able to separate.

Participants need to bring motor movements into a common movement or action.

Include the following:

Continue with morning warm up

- Technical free ski and drills (supervised and unsupervised)
- Training environment to achieve skill acquisition
- Use brushes, gates and other equipment available to achieve technical skills
- Use appropriate terrain
- Keep it fun
- Maintain safety at all times

Drills and Course Environments

Drills have one major purpose: to isolate skills that need to be patterned, adapted and then refined in order to enhance performance. Remember use the proper terrain to further develop the athletes.

Drills for timing and coordination: Double pole plant, pole swing , spiess, synchro , linked 360's on snow, hop turns, Texas two-step, skating around obstacles , lifting the inside or outside ski, skiing on one ski, follow the leader, skiing in bumps , bamboo jungle, side slip drills.

Environments: Skating around brushes, apex drill, pole planting on line, picket fence, agility courses with change of rhythm, brushes markers, use dye, obstacle courses, ski or ride through rough terrain or on side hills

Remember to continue using environments to develop skill. Create environments that put the participants in the right position. Using drills and environments to put participants in the correct positions so athletes can feel change. Allow participants to pattern; don't move from drill to drill. Keep in mind that deliberate training is to learn a skill and random training is to develop efficiency to enhance the skill.

Skill: Timing and Coordination

Tactics: Turn shape, type of turn, speed, environment, video, mental training and course inspection

Sessions and Drills for Pros Education

During the session Pros need to work and practise drills. Pros need to demonstrate for the athletes. Pros should also be creative and if they have an idea for a drill or environment they are encouraged to contribute and share with fellow Pros.

Drills for Pros to Demonstrate

- Safety will be reinforced, where to stop, proper terrain and hill space that is skill appropriate
- Double pole plant, pole swing, spiess, synchro, linked 360's on snow, hop turns, Texas two-step, skating around obstacles, lifting the inside or outside ski, skiing on one ski, follow the leader, skiing in bumps, skiing in trees, slide trip drill
- On week 3 Pros can set up an environment based on timing and coordination to run and practise
- Dye line, picket fence, brushes for markers, spiess in a corridor

Keep in mind, athletes will progress at different rates throughout the season based on a number of factors including, physical maturation and emotional threshold. Continue to work with all athletes but you need to start looking at individual needs in and out of the course. Before moving forward athletes should have a good natural stance and control of rotational separation

Week 6 - 7 Steering and Edging

Goal: Continue working on stance and balance, control of rotational separation and a proper pole plant. By this time the athletes should be comfortable and well balanced and be ready to move to other skills.

Participants in a natural stance, understanding of pole plant, being able to bring motor movements into a common movement or action, with the combination of inclination and angulation to place the ski on edge, using the feet to steer along with the side cut of the ski.

Participants may be at different skill levels. Continue to individualize feedback to maximize skill acquisition.

Include the following:

- Continue with morning warm up
- Technical free ski and drills (supervised and unsupervised)
- Training environment to achieve skill acquisition
- Use brushes, gates and other equipment available to achieve technical skills
- Use appropriate terrain
- Keep it fun
- Maintain safety at all times

Sessions and Drills for Coaching Education

During the session Pros need to work and practise drills. Pros need to demonstrate for the athletes. Pros should also be creative and if they have an idea for a drill or environment they are encouraged to contribute.

Drills for Coaches to Demonstrate:

Safety will be reinforced: where to stop, proper terrain and hill space that is skill appropriate

- Side slipping, thousand steps, one ski turns, bump skiing , linked 360 on snow, banana turns, rollerblade turns, fall line skating , tuck turns, power plow, outside boot touch, hope turns, edge sets , ski on varied terrain, double pole plant
- Dye line, picket fence, brushes for markers, spieß in a corridor

Remember that just because this guide says you need to be working on this particular skill, it does not mean participant will be at this skill level. Work on what the participant needs. All this depends on days on snow and athletic ability. Continue to work on what is best for your participant's skill development.

Use video as much as possible. Show athletes video and detect and correct.

Week 8: Pressure and Carving

Goal: Continue working on stance and balance, control of rotational separation and a quality pole plant. By this time the participants should be comfortable and well balanced ready to move to other skills.

Participants should have a good pole plant while being able to bring motor movements into a common movement or action. They should be able to combine inclination and angulation to place the ski on edge, using the foot to steer along with the side cut of the ski, and be able to turn the ski on edge and slide when necessary, being able to adjust pressure and speed of movements for the type of turn shape and the speed of travel.

Participants will be at different skill levels. Continue to individualize coaching to maximize skill acquisition.

Include the following:

- Continue with morning warm up
- Technical free ski and drills (supervised and unsupervised)
- Training environment to achieve skill acquisition
- Use brushes, gates and other equipment available to achieve technical skills
- Use appropriate terrain
- Keep it fun
- Maintain safety at all times

Drills and Course Environments

Drills have one major purpose: to isolate skills that need to be patterned, adapted and then refined in order to enhance performance. Remember use the proper terrain to further develop the participant's skills.

Drills: side slipping, thousand steps, one ski turns, bump skiing, linked 360 on snow, banana turns, rollerblade turns, tuck turns, power plow, outside boot touch, hop turns, edge sets, ski on varied terrain, pole drag, hands on knees.

Environments: skating races with brushes to make athletes turn, picket fence, obstacle course, sideslip drill, agility training, pole drag and the apex drill.

Tactics

Turn shape, type of turn, speed, environment, video, mental training.

Sessions and Drills for Pros Education

During the session Pros need to work and practise drills. Pros need to demonstrate for the athletes. Pros should also be creative and if they have an idea for a drill or environment they are encouraged to contribute.

Skill: Pressure and Carving

Drills for Coaches to Demonstrate:

- Safety will be reinforced: where to stop, proper terrain and hill space that is skill appropriate
- Side slipping , thousand steps , one ski turns, bump skiing, linked 360 on snow, banana turns, rollerblade turns, fall line skating, tuck turns, power plow, outside boot touch, hop turns, edge sets, ski on varied terrain, double pole plant, inside outside drill.

Pros can set up an environment based on steering and edging. Demonstrate drills for participants and allow athletes to practise. More specific training can be applied more often. Continue to use and train in training environments. Remember the goal for these participants are the Club Championships.

March Break to End of Season

At this point we are at the end of the regular programs. Participants should be well balanced and moving through the skills you have instructed all season. Don't be frustrated if some participants have not come as far as you thought. As we have said participants are not alike, and everyone develops at different points based on a number of reasons. Continue to work hard and instill the love of skiing into all participants you work with.

- Participants should warm up on own, depending on age (supervise at first and allow for the athlete to warm up on own)
- Activities and drills needs to be fun and varied to keep athletes interested
- Consolidate and refine skills
- Work towards next seasons goals and desires of the participants and parents
- Use lots of fun
- Skating races
- Spiess
- Synchro
- Ski on varied conditions , good and bad snow, including bumps
- Use Terrain Park

Skiing Evaluation Points (Valley → Foothills → Mountains)

- Keen to interact with Pro
- Happy to be out on snow sliding & riding
- Interest in simple games
- Slides on tether (or with prop) solo
- Uses wedge to turn to stop Points out safety signs
- Can do a simple direction change wedge or parallel
- Knows the importance of staying with the group Can stand up after a fall solo
- Knows the parts of the ski
- Independent leg mobility Lift single ski

- Tap ski while sliding
- Developing pressure staying on the downhill ski
- Small jumps, rollers, park features
- Sbx course at slow speed
- Rapid direction changes
- 10 rhythmical turns
- Traverse with a diagonal stop
- Speed control & can vary speed on **Blue** Terrain
- Weight on downhill ski (Green to Blue terrain)
- Straight run to hockey stop
- Safety using & carrying poles
- 10 rhythmical turns BLUE slope (parallel, most of the time)
- Skate showing acceleration
- Sbx/features/glades/jumps/gate-training
- Diagonal sideslip
- Wide track parallel
- pole plant (working on correct timing)
- Traverse &/or straight run one foot - switch
- Skier shows a strong & balanced position
- Can maintain consistent speed
- speed changes ↑ & ↓
- Hockey stop (parallel skis)
- Knows Alpine Responsibility Code & Lift Safety
- Knows Alpine vocabulary (parallel, glades, terrain colour descriptions...)
- Skating race (acceleration & race course...)
- Controls speed on Black Terrain with turn shape

Snowboard Evaluation Points (Valley → Foothills → Mountains)

- Straight run – confident moving balance
- Good balanced body position (straight back & shoulders aligned to SB)
- Intro to SB parts of the board
- Comfort on green terrain
- Use of lifts carpet quad triple
- Control of direction – pendulum
- Stop on command
- Knows Alpine Responsibility Code & Lift Safety
- After fall can stand back up solo
- Can attach board solo
- Knows parts of the board
- Balanced sliding & steering skills
- Knows Alpine Responsibility Code & Lift Safety
- Complete stop heel and toe edge
- Increased speed sliding
- Ride down a Blue slope with consistent speed – 8 turns
- Minimum amount of upper & lower body separation
- Flexing the lower joints after the fall line
- Bonus: control or maintain or generate speed
- Carving on Blue terrain
- Steering with knees and feet

- Pivoting during sliding turns
- Is there flow & power in the riding
- Is the rider using a strong yet adaptable position
- Variety of turn shape & speed
- Is there rhythm & rebound in the riding
- Rider enjoys steep terrain/ungroomed terrain
- Features (park/glades/sbx...)
- Corridor 10 rhythmic turns (arc to arc)
- Alpine Responsibility Code & Lift Safety
- Knows Alpine vocabulary (glades, terrain colour descriptions...)

