

Mount Washington Free Ride Club

Seasonal Report Card

Instructor : ANTON Hager Student : Eban Craig Starting ability level L4

General Ski Technique

Performance Rating I A C R CV

Stance / Balance

(centered, athletic stance, balanced over outside ski, weight transfer, hands forward, mobile & not static)

Week	1	2	3	4	5	6	7	8	9	10
	C	C	R	R	R	R	R	R	CV	CV

Pivoting

(turning with lower body, upper & lower body separation, lead change)

Week	1	2	3	4	5	6	7	8	9	10
	C	C	C	C	C	C	C	R	R	R

Edging

(separation/ angulation, carving)

Week	1	2	3	4	5	6	7	8	9	10
	A	C	C	C	C	C	C	R	R	R

Pressure control

(use of all joints provides the ability to manage forces acting on the ski & skier)

Week	1	2	3	4	5	6	7	8	9	10
	C	C	C	C	C	C	R	R	R	R

Timing & Coordination

(coordination of skills, looking ahead, terrain adaptation)

Week	1	2	3	4	5	6	7	8	9	10
	C	C	C	C	R	R	R	R	R	CV

Initiation
Acquisition
Consolidation
Refinement
Create Variation

Daily Report

Comments/ exercises used/ safety

wk1
good skier at all, likes to ski fast

wk2
likes to ski just behind the skiinstructor ;)
fast as always, good in the offpist, could bend more
the knees

wk3
goes very fast; not afraid of jumps at all;
still could do more movements from legs;
do squats at home ;)

Comments/ exercises used/ safety

wk4
Eban keeps jumping higher and further every time,
the ski instructor is nearly afraid of his big jumps.
Eban could be a good racer, We did some exercises
to stabilize the upper body and tried to do more moves
with lower body, still could be more.

wk5
Eban is a wild boy. Nearly as fast as the ski
instructor ;) Especially in the outback. Next step
if he wants is the freestyle skiing.
Refinements in jumping, little tricks, grabs etc.
Also skiing backwards he could practice ;)

wk6
Eban with the new jacket, is doing great.
We did a lot of carving today, as the
offpist weren't always that good.
Sitting back on the skis helps him sometimes
in carving (like Bode Miller).
But sitting back (with the knees),
doesn't help in the bumps ;)

Comments/ exercises used/ safety

wk7
We did some race carving turns today.
Also some exercises without poles.
Eban did fall sometimes today, maybe he went to
Fast ;). He applies good coordination in the bumps.

wk8
We did some race turns through the gates today.
Eban finished the race with the fastest time
from our group. The rest of the day we exercised
some shorter turns and skiling on icy slopes,
like the outback ;), which was challenging!

wk9
We skied a lot in the powder today,
which was pretty challenging, as
the snow got wet in the afternoon.
Also we tried some smooth shorter turns
in the slushy snow.
Eban took some big jumps, which are
video recorded. Next exercise for him 360.

Comments/ exercises used/ safety

wk10
Eban our wild boy had an impressive fall
in the outback. An other instructor filmed it
from the chair. The video is available under:
www.sprauch.at/freeride
Hope Eban keeps his spirit. Further exercises for Eban
Get a good coach ;) and take some jumps.

Skiing Safety & Responsibility (Alpine Code)

General Comments:

End of season Ability level achieved _____ Coach: _____
I A C R CV

- q **Initiation:** -First contact with skill or activity. Student may have no idea of what to do.
- q **Acquisition:** -The skier coordinates & executes the key components of the movement in the correct order.
-Execution is inconsistent and lacks precision.
-Rough form, lacks synchronization, rhythm and flow.
-Conscious execution by skier.
- q **Consolidation:** -Coordination of movements appears.
-Controlled and rhythmical execution of task under stable conditions.
Some performance elements are maintained, but are inconsistent when skier is under pressure, conditions change or demands increase
- q **Refinement:** -Performance is consistent and precise in demanding conditions.
-Movements are automatic and done subconsciously.
-Only minor fine tuning may be necessary.
-Critical reflection and correction is possible by the skier.
- q **Create Variation (CV):**
-**Varying.** The movement is perfect under complex situations.
-The skier has developed a personal style that is efficient.
-Movements can be performed according to a model
-**Improvising.** Can spontaneously use novel combinations of movements to cope with unexpected situations.
-Competitive and unfamiliar situations develop personalized movements that are efficient.
-**Composing,** The skier can spontaneously use novel combinations of movements to cope with unexpected situations.
-Competitive and unfamiliar situations develop personalized movements that are efficient.