

Mount Washington Free Ride Club

Seasonal Report Card

Instructor : ANTON Hager Student : Elisabeth 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)

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

Pivoting

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

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

Edging

(separation/ angulation, carving)

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

Pressure control

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

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

Timing & Coordination

(coordination of skills, looking ahead, terrain adaptation)

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

Daily Report

Comments/ exercises used/ safety

wk1

wk2
good skier overall,
could bend knees and hips more
and learn to carve properly

wk3

Comments/ exercises used/ safety

wk4
Elisabeth likes to talk, that's for sure.
We did some exercises to stay stable with upper body.
Elisabeth could also do some more moves with lower body;
Skiing in the bumps is a good exercise for her.

wk5

wk6
Elisabeth had a lot of fights with her brother
Today ;) Still skiing good, especially on the
groomed slopes, where we tried a lot of
carving today. She could exercise a bit the
shorter turns also.

Comments/ exercises used/ safety

wk7

wk8

wk9
We skied a lot in the powder today
and had a lot of fun there.
Elisabeth had some challenging moments
in the wet snow, but managed to get up
and further every time on her own.
Next exercise for her:
poleplanting in the bumps, while short
turning.

Comments/ exercises used/ safety

wk10

Skiing Safety & Responsibility (Alpine Code)

General Comments:

End of season Ability level achieved IA C R CV

Coach: _____

- **Initiation:** -First contact with skill or activity. Student may have no idea of what to do.

- **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.

- **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

- **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.

- **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.