

Mount Washington Free Ride Club

Seasonal Report Card

C

Instructor : ANTON Hager Student : Katherine Fournier 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		C	C		R	R	R	

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	R	

Edging

(separation/ angulation, carving)

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

Timing & Coordination

(coordination of skills, looking ahead, terrain adaptation)

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

Daily Report

Comments/ exercises used/ safety

wk1
good at groomed slopes, could exercise in the bumps
to learn more up/down movements with lower body

wk2
safe skier, sometimes snowplowing,
when it's really steep and difficult,
try to learn to carve on groomed slopes

wk3

Comments/ exercises used/ safety

wk4
Katherine teaches me a bit french:
We did some exercises to stabilize the upper body,
We went into the bumps, which is a good exercise for her
also to ski in the powder is good to stay centered on the ski,
Katherine also can exercise carving on groomed slopes

wk5
Katherine has fun in riding the chairlift with the
ski instructor). A special challenge for her are
the bumps and the deeper snow.
We can work still on carving and lower body
movements.

wk6

Comments/ exercises used/ safety

wk7
We did some race carving turns, as we
do racing the next week.
Also we did some exercises without poles.
Katherine seems stable as always and it
looks like she is making progress in the outback.

wk8
This morning we did some race laps through the gates.
I took the time and Katherine was pretty good!
In the afternoon we practiced the shorter turns
and skiing on icy slopes, like on the outback,
which was challenging.

wk9
We had a lot of snow today.
Especially in the afternoon it became
slushy. Katherine has a stable stance
Next exercise for her:
short turns with pole planting,
if she has fun in it.

Comments/ exercises used/ safety

wk10

Skiing Safety & Responsibility (Alpine Code)

General Comments:

End of season Ability level achieved _____

I A 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.