

Mount Washington Free Ride Club Seasonal Report Card

Instructor : ANTON Hager Student : Luke Callan 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	C	R	R	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
	A	A	A	C	C	C	C	C	C	R

Edging

(separation/ angulation, carving)

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

Daily Report

Comments/ exercises used/ safety

wk1
could adjust the binding a bit tighter.
exercise movements in the bumps with lower body

wk2
sometimes snowplowing when it's steep.
to overcome that ski in the powder, there is no snowplow possible.
learn to carve and try to bend knees and hips more

wk3
goes faster every week;
could exercise carving and continuously skiing very parallel!

Comments/ exercises used/ safety

wk4
Luke likes the outback.
Can make some exercises with the lower body, as we did.
We did some exercises with the poles to stabilize the upper body. Especially good for Luke is to ski in the bumps. He may lose his skis then sometimes ;)

wk5
Luke is a safe skier. Today we did also the backsied of the boomerang, where the conditions were kind of difficult to ski. But he made it good.
Luke still can work on lower body separation and carved short turns. But we do it with fun ;)

wk6
Luke seems to do better now, especially in the bumps, he seems to have a stable stance. We did a lot of carving today, which he picks up. We can continue exercising the short turns and starting to carve shorter turns.

Comments/ exercises used/ safety

wk7
Luke is doing better now in carving.
We did some race carving turns today, as next week we race some gates.
Also we did some exercises without poles
In skiing the boomerang he seems more comfortable.

wk8
In the morning we did some race turns through the gates. Luke seemed to like it. The conditions through the gates were challenging, as it was icy.
In the afternoon we did some shorter turns, which es especially a good exercise for Luke.
Luke does still snowplows when its steep and icy but that's ok. ;)

wk9
Luke was our film master today, as he got the gopro mounted on his helmet. Also I just have seen, that he is a good commentator. He is skiing with a stable stance and doing good in carving. some challenging moments in the heavy powder.

Comments/ exercises used/ safety

wk10
Luke our filmmaster had a bit a hard time today in white cap. But of course he mastered it. Also the outback was a challenge for us, but we had a lot of fun!
Further exercises for Luke:
Racecarving and speaking while filming friends.

Skiing Safety & Responsibility (Alpine Code)

General Coments:

End of season Ability level achieved

I A C R CV

Coach:

- 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.