

Mount Washington Free Ride Club

Seasonal Report Card

Instructor : ANTON Hager Student : Mikel 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				F	

Initiation
Acquisition
Consolidation
Refinement
Create Variation

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

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

Edging
(separation/ angulation, carving)

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

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				F	

Timing & Coordination
(coordination of skills, looking ahead, terrain adaptation)

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

Daily Report

Comments/ exercises used/ safety

wk1

wk2
smallest skier our group.
Good, when it's steep.
could bend the knees and hips more
and learn to carve

wk3

Comments/ exercises used/ safety

wk4
Michael likes to jump and is not afraid at all of it, sometimes the ski instructor is.
Mikel can exercise carving, and try to stabilize his upper body in the bumps.

wk5

wk6
Michael had some fights with his sister today.
Mikel is fast on groomed slopes, is also applying carved turns there. We did once the outback today, seemed a little unsafer there.
We will continue doing steeper runs, step by step.
Did a lot of carving today. We start to do shorter carved turns.

Comments/ exercises used/ safety

wk7

wk8

wk9
Michael is doing better than ever in the powder now! He likes to go fast, as fast as he can :)
Next exercise for him:
short carved turns with and without pole planting.

Comments/ exercises used/ safety

wk10

Skiing Safety & Responsibility (Alpine Code)

General Comments:

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.