

Mount Washington Free Ride Club

Seasonal Report Card

Instructor : ANTON Hager Student : Sylas Silvester 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	CV

Pivoting

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

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

Edging

(separation/ angulation, carving)

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

Daily Report

Comments/ exercises used/ safety

wk1
likes to go offpist, good in the bumps

wk2
try to learn to steer with lower body, sometimes snowplowing, when it's very steep and difficult.
try to learn to carve on groomed slopes

wk3

Comments/ exercises used/ safety

wk4
Sylas likes to go fast. He is a good team player. Can work on carving on groomed slopes and try to stay in front with the knees, so he feels the skiboots with the lower legs in front.

wk5
Sylas is our big boy. Safe skier and looks out for others. We can still work on lower body separation, and carved short turns. Also bumps and backcountry are perfect exercises. He also is jumping every week a little more and doing good in it.

wk6

Comments/ exercises used/ safety

wk7
Sylas is doing good in race carving, which we exercised today. Also we did some exercises without poles. Sylas has a confident skiing, also in the powder which we had today he seems to do fine.

wk8
Today we did some race turns through the gates and later we exercised shorter turns, on groomed slopes and on the outback, where it was challenging icy. Sylas seems to like racing through the gates and did pretty good!

wk9
Sylas is doing pretty good in the slushy groomed slopes. He manages to go down every run. Stays balanced and centered. Next exercise for him: Racecarving turns which go faster.

Comments/ exercises used/ safety

wk10
The outback has been a bit challenging today, as the snow was steeper and a bit heavy to turn. But Sylas is a big boy and does a good job. Also for him short carved turns with poleplanting is a good exercise to go further.

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.