

# Mount Washington Free Ride Club

## Seasonal Report Card

Instructor : ANTON Hager      Student : Tabitha      Starting ability level L4

Initiation  
Acquisition  
Consolidation  
Refinement  
Create Variation

### 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	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		C	C	C		C		R	R

#### Edging

(separation/ angulation, carving)

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

### Daily Report

#### Comments/ exercises used/ safety

wk1  
good skier overall; skies parallel everywhere; could practice carving

wk2

wk3  
a little tired today (sick); but very good skier, skies parallel everywhere, could exercise a bit the bumps to get more movements into lower body

#### Comments/ exercises used/ safety

wk4  
Tabitha is a very good backwards skier and also likes to jump and go fast. Good exercise for her is to stay stable with the upper-body in the bumps. Also she can exercise to carve on hard, icy, groomed slopes

wk5  
Tabitha is still a perfect backwards skier. Also is she doing very good in the bumps. We can work on carved short turns and doing little tricks in the jumps, like grabs Or 180 especially for her.

wk6

#### Comments/ exercises used/ safety

wk7  
Tabitha is a good backwards skier. Today we did some race carving exercises, as next week we set some gates. Also the exercises without poles, seemed to be fun for her and she did good.

wk8

wk9  
Tabitha skied again a little backwards today. She also did a very good job in the deep powder snow, as it was challenging today. Next exercise for her: skiing the bumps in the outback from the top to the bottom without stopping :=)

#### Comments/ exercises used/ safety

wk10  
We skied a lot in the powder today. The outback has been a bit challenging as it was more difficult to make turns in the steep snow, but Tabitha did a good job. Also the shorter turns seem to work out pretty good for her. Still short carved turns are a good exercise.

#### 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.