Mount Washington Free Ride Club

Seasonal Report Card

Instructor : ANTON Hager **Student :** Cameron **Starting ability level** X (L5)

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	

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

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

Edging
(seperation/ angulation, carving)

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

Pressure controll
(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	C	

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

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

Daily Report

Comments/ exercises used/ safety

wk1
good skier at all, likes to go offpist

wk2
good as always,
exercises to do: stabilaziation of upper body for expample with poles;
bend hips and knees more;
learn to carve

wk3
we did some exercises for carving and tried to stabilize the upper body.
What could we do better: skiing the bumps and react faster in icy outback.

Comments/ exercises used/ safety

wk4
Cameron may show as a video after the 10 weeks, cause I think he has got a lot of footage.
We did some exercises to stabilize the upper body and tried to do some moves in the lower body, especially in the bumps. Cameron could build up more pressure in the shorter turns.

wk5
pretty nasty conditions today, fogy and hard slopes.
So we did some carving exercises in the morning and worked on short turns.
Cameron is doing better, especially in the shorter turns. We can work more in the bumps ;)

wk6
Today was a pretty slushy snow.
So we tried to do some smooth turns, and focused on using the lower body to turn.
Also we did some fast carving race turns.
Cameron is a stable skier and we exercise the bumps and short turns.

Comments/ exercises used/ safety

wk7
Cameron seems to do better in the Outback than ever.
We tried some carved race turns today, as next week we set up some gates. Also Cameron likes to lead the way, so the ski instructor has the pleasure to ski in the line. Had a lot of fun today.

wk8
Today we had a lot of bumps to ski through.
In the morning we did the race.
The conditions for the race were difficult cause there were a lot of snow, but Cameron did it without problems. Just stopped on purpose in the middle of the run. In the afternoon we exercised the shorter turns with and without poles.

wk9
Cameron was our film man today.
We amounted the gopro on his helmet.
The films proof, that Cameron is doing good for example the white cap run.
We try to ski as much as we can.
Also the skiing behing each other does more for the learning process, as most think. Cause: look at me and copy me. :)

Comments/ exercises used/ safety

wk10
Cameron has not been here):

Skiing Safety & Responsibility (Alpine Code)

General Coments:

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.