

Mount Washington Free Ride Club

Seasonal Report Card

Instructor : ANTON Hager

Student : Gemma

Starting ability level X (L5)

General Ski Technique

Stance / Balance

(centered, athletic stance, balanced over outside ski, weight transfer, hands forward, mobile & not static)

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

Pivoting

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

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

Edging

(separation/ angulation, carving)

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

Pressure control

(use of all joints provides the ability to manage forces acting on the ski & skier)

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

Timing & Coordination

(coordination of skills, looking ahead, terrain adaptation)

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

Daily Report

Comments/ exercises used/ safety

wk1

wk2

wk3

Comments/ exercises used/ safety

wk4
 In the morning we did some exercises to stabilize the upper body and do some movements with the lower body. Which is especially important in the bumps. Gemma has a very balanced stance, she still could do more movements with the lower body, to build up pressure in the shorter turns and control the carved turns better. A good exercise for her is also to ski the bumps and jumps.

wk5
 pretty nasty conditions today, foggy and hard slopes. So we did some carving exercises in the morning and worked on short turns. Gemma is doing pretty in carving, we can still work more in the bumps and in lower body separation. Ciao!

wk6
 Today the snow was pretty slushy, so it was perfect for exercising some smooth turns. Gemma has a very stable stance, we can still improve more in short turns, bumps and jumps. But here position is perfect, just the arms a bit more in front. We did some carving exercises today, without using the poles.

Comments/ exercises used/ safety

wk7
 Gemma does some really pretty race carving turns, which we exercised today. Her stable stance seems to get even better every week. We still can exercise the bumps and the skiing in the powder. Also some up and down movements with the lower body, we could apply more. Gemma seems to like to ski fast :)

wk8
 Today we had a lot of bumps to ski through. In the morning we did the race. Gemma likes racing and finished in 37 seconds which was the best time from our group. In the afternoon we exercised skiing in the powder and did shorter turns with and without poles.

wk9
 Gemma again likes to go fast. She is a good racing skier. Also she doesn't like to wait for too long, the same as me :) The bumps in the powder today she mastered very good. Exercises which help her, are skiing the bumps, short fast turns with pole plant and the mixture of different exercises.

Comments/ exercises used/ safety

wk10
 We had a very fun day today. Gemma made a very good progress over the weeks (molto bene). And when she likes racing and has fun in it, she should do it. She has a stable stance and is a good carver, which is good for racing. We went a lot in the powder today, where it was harder to do turns, but she mastered it. Further exercises for her: short carved turns, cause it needs a lot of control ;)

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.