

Mount Washington Free Ride Club

Seasonal Report Card

Instructor : ANTON Hager

Student : Reese

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		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	C	R	R

Edging

(separation/ angulation, carving)

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

Daily Report

Comments/ exercises used/ safety

wk1

good skiing on groomed slopes
could exercise lower body movements

Comments/ exercises used/ safety

wk4

we did some exercises in the morning, to stabilize the upper body and do the movements from the lower body.

A good Exercise for Reese is to ski the bumps, cause then she has to be able to do movements in every skiing position and stay centered.

Comments/ exercises used/ safety

wk7

Today we did some Race Carving Turns, as next week we set up some gates. We focused on taking the most speed through the turn and make the turns as smooth as possible. In the Outback we tried some jumped smaller turns. Reese is doing stable as always.

Comments/ exercises used/ safety

wk10

Reese got a very strong skier.
She got faster and faster during the weeks.
Especially on the groomed slopes she is amazing.
Further exercises for her:
short carved turns with poleplanting,
cause that needs a lot of control :)

Skiing Safety & Responsibility (Alpine Code)

General Coments:

wk2

could do exercises for stabilisation of upper body; for example with poles,
learn to carve on groomed slopes

wk5

pretty nasty conditions today, fogy and hard slopes. So we did some carving exercises in the morning and worked on short turns.
Reese has a stable stance, which is good.
She could still do more with the lower body movements.

wk8

Today we had a lot of bumps to ski through. In the morning we did the race. Reese did pretty good, finished in 40sec. In the afternoon we exercised the short turn with and without poles

wk3

wk6

wk9

We did a lot of powder skiing today.
Reese is doing pretty good in the steeper snow. Also the exercises without poles are a very good exercise for her.
The skiing on one ski and the walking while skiing should be continued.
After all Reese has fun :)

End of season Ability level achieved

Coach:

I A C R C V

- 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.

Mount Washington Free Ride Club Seasonal Report Card

Instructor : ANTON Hager

Student : Cameron

General Ski Technique

Performance Rating

Stance / Balance

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

Week	1	2	3
	C	C	C

Pivoting

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

Week	1	2	3
	C	C	C

Edging

(separation/ angulation, carving)

Week	1	2	3
	C	C	C

Pressure control

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

Week	1	2	3
	C	C	C

Timing & Coordination

(coordination of skills, looking ahead, terrain adaptation)

Week	1	2	3
	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
exampale with poles;
bend hips and knees more;
learn to carve

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, foggy and hard
So we did some carving exercises in the mc
and worked on short turns.
Cameron is doing better, especially in the
shorter turns. We can work more in the bur

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 cau
there were a lot of snow, but Cameron did it
problems. Just stopped on purpose in the m
of the run. In the afternoon we exercised the
shorter turns with and without poles.

Comments/ exercises used/ safety

wk10
Cameron has not been here):

Skiing Safety & Responsibility (Alpine Code)

General Coments:

End of season Ability level achieved _____

Coac

I A C R C V

- q **Initiation:** -First contact with skill or activity. Student may have no idea o

- q **Acquisition:** -The skier coordinates & executes the key components of the mo
 - 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 unde 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
 - Competitive and unfamiliar situations develop personalized movements that are
 - Composing,** The skier can spontaneously use novel combinations of movement
 - Competitive and unfamiliar situations develop personalized movements that are

b

Starting ability level X (L5) _____

ing I A C R CV

	4	5	6	7	8	9	10
C	C	R	R	R	R		

	4	5	6	7	8	9	10
C	C	C	C	C	R		

	4	5	6	7	8	9	10
C	C	C	C	C	R		

	4	5	6	7	8	9	10
C	C	C	C	C	C		

	4	5	6	7	8	9	10
R	R	R	R	R	R		



f what to do.

ovement in the correct order.

r pressure,

e with unexpected situations.

; efficient.

ts to cope with unexpected situations.

; efficient.

Mount Washington Free Ride Club Seasonal Report Card

Instructor : ANTON Hager

Student : Linnea

General Ski Technique

Performance Rating

Stance / Balance

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

Week

	1	2	3
C	C	C	

Pivoting

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

Week

	1	2	3
C	C	C	

Edging

(separation/ angulation, carving)

Week

	1	2	3
A	A	C	

Pressure control

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

Week

	1	2	3
C	C	C	

Timing & Coordination

(coordination of skills, looking ahead, terrain adaptation)

Week

	1	2	3
C	C	C	

Daily Report

Comments/ exercises used/ safety

wk1
likes to ski backwards,
skis safe,

wk2
could do exercises to stabilize the upper bo
for example with poles;
try to be more flexible in knees and hips, es
in powder and bumps

Comments/ exercises used/ safety

wk4
In the morning we did some exercises to stabilize the
upper body and do more movements with the lower body.
Linnea could stay more in front with the knees, but for that
she needs more muscles. :) A good exercise for her,
is to ski the bumps and try carving on groomed slopes.

wk5
pretty nasty conditions today, foggy and hard
So we did some carving exercises in the mc
and worked on short turns.
Linnea is getting better in carving,
we are still exercising in pressure control.

Comments/ exercises used/ safety

wk7
Linnea just has hidden my skis today twice ;))
She is doing better in carving than before.
We did some smooth race carving turns today,
as next week we set up some gates. Also in the
Outback Linnea had a very stable stance today.
She still could stay more in front in the knees.

wk8
Today we had a lot of bumps to ski through
In the morning we did the race.
Linnea seemed to like the race and did pret
In the afternoon we exercised the shorter tu
with and without poles.

Comments/ exercises used/ safety

wk10
We went to White Cap today, where it was
a bit challenging for Linnea.
But still she mastered it. Linnea made
a good progress over the weeks.
further exercises for her. Doing squads ;))
and the bumps and short carved turns.!

Skiing Safety & Responsibility (Alpine Code)

General Coments:

End of season Ability level achieved _____

Coac

I A C R C V

- q **Initiation:** -First contact with skill or activity. Student may have no idea o

- q **Acquisition:** -The skier coordinates & executes the key components of the mo
 - 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 unde 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
 - Competitive and unfamiliar situations develop personalized movements that are
 - Composing,** The skier can spontaneously use novel combinations of movement
 - Competitive and unfamiliar situations develop personalized movements that are

b

Starting ability level X (L5) _____

ing I A C R CV

	4	5	6	7	8	9	10
C	C	C	C	C	C	C	

	4	5	6	7	8	9	10
C	C	C	C	C	C	C	

	4	5	6	7	8	9	10
C	C	C	R	R	R	R	

	4	5	6	7	8	9	10
C	C	C	C	R	R	R	

	4	5	6	7	8	9	10
C	C	C	C	C	C	C	



Linnea

wk3

dy, we exercised carving and tried to stabilize the upper body.
pecially Linnea could exercise the bumps and stay in front with knees. She is a little loose in her boots!

wk6

l slopes. Linnea had a lot of fun with the snowballs
orning today (We did some exercises with them).
Linnea can try to stay more in front with her weight and press the knees in front at the beginning of the turn.

wk9

. Linnea has hidden some skies today,
but finally we found them again.
ty good. As we skied most of the time the hawk today,
rns Linnea did some fun runs down the trees.
Especially the exercises which stable the upper body, help her.

sh: _____

f what to do.

ovement in the correct order.

r pressure,

e with unexpected situations.

; efficient.

ts to cope with unexpected situations.

; efficient.

Instructor : ANTON Hager _____

Student

General Ski Technique

Stance / Balance

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

Pivoting

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

Edging

(separation/ angulation, carving)

Pressure control

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

Timing & Coordination

(coordination of skills, looking ahead, terrain adaptation)

Comments/ exercises used/ safety

wk1

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

Gemma

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.

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 :)

Comments/ exercises used/ safety

wk10

Skiing Safety & Responsibility (Alpine Code)

General Coments: _____

End of season Ability level achieved _____
I A C R C V

- q **Initiation:** -First contact with skill or activity. Student may have no idea of v
- q **Acquisition:** -The skier coordinates & executes the key components of the 1
 - 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 ur
conditions change or demands increase
- q **Refinement:** -Performance is consistent and precise in demanding conditior

- 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
- Competitive and unfamiliar situations develop personalized movements that :
- Composing,** The skier can spontaneously use novel combinations of movements
- Competitive and unfamiliar situations develop personalized movements that :

Gemma

shington Free Ride Club

Seasonal Report Card

Name: Gemma

Starting ability level **X (L5)**

Performance Rating

I A C R CV

Week	1	2	3	4	5	6	7
			C	C	R	R	

Week	1	2	3	4	5	6	7
			C	C	C	C	

Week	1	2	3	4	5	6	7
			C	C	C	R	

Week	1	2	3	4	5	6	7
			A	C	C	C	

Week	1	2	3	4	5	6	7
			C	C	C	C	

Daily Report

wk2

wk3

wk5
 pretty nasty conditions today, fogy and hard slopes.
 So we did some carving exercises in the morning
 and worked on short turns.

wk6
 Today the snow wa
 exercising some sr
 we can still improve

Gemma

Gemma is doing pretty in carving, we can still work more in the bumps
and in lower body separation. Ciao!

But here position is
We did some carvir

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 exercises skiing in the powder and did
shorter turns with and without poles.

wk9

Gemma again likes
Also she doesn't lik
The bumps in the p
Exercises which hel
short fast turs with p
different exercises.

Coach:

what to do.

movement in the correct order.

ider pressure,

is.

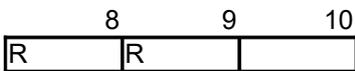
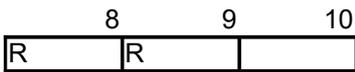
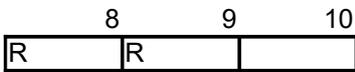
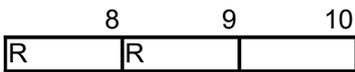
ope with unexpected situations.

are efficient.

ents to cope with unexpected situations.

are efficient.

Gemma



s pretty slushy, so it was perfect for
nooth turns. Gemma has a very stable stance,
more in short turns, bumps and jumps.

perfect, just the arms a bit more in front.
ing exercises today, without using the poles.

to go fast. She is a good racing skier.
e to wait for too long, the same as me ;)
owder today she mastered very good.
lp her, are skiing the bumps,
pole plant and the mixture of

Gemma

Instructor : ANTON Hager

Student : J

General Ski Technique

Stance / Balance

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

Pivoting

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

Edging

(separation/ angulation, carving)

Pressure control

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

Timing & Coordination

(coordination of skills, looking ahead, terrain adaptation)

Comments/ exercises used/ safety

wk1

Comments/ exercises used/ safety

wk4

„Jay“ is good in coordination and looking ahead. He never crashes or skis into another skier. He is doing good in carving. „Jay“ could stay more in front with the knees especially in the steeper parts, so he is able to turn faster and more controlled.

Jay

Jay is doing good in freestyle jumping. He is doing some little tricks over jumps.
Exercise for him: Carving and short turns in the bumps.

Comments/ exercises used/ safety
wk7

Comments/ exercises used/ safety
wk10

Skiing Safety & Responsibility (Alpine Code)

General Coments: _____

End of season Ability level achieved _____

I A C R C V

- q **Initiation:** -First contact with skill or activity. Student may have no
- q **Acquisition:** -The skier coordinates & executes the key components of the
 - 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 u
 conditions change or demands increase
- q **Refinement:** -Performance is consistent and precise in demanding conditic

- 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 c
- Competitive and unfamiliar situations develop personalized movements that
- Composing,** The skier can spontaneously use novel combinations of moven
- Competitive and unfamiliar situations develop personalized movements that

Jay

Washington Free Ride Club

Seasonal Report Card

lay _____

Performance Rating

Week

1	2	3
<input type="text"/>	<input type="text"/>	<input type="text"/>

Week

1	2	3
<input type="text"/>	<input type="text"/>	<input type="text"/>

Week

1	2	3
<input type="text"/>	<input type="text"/>	<input type="text"/>

Week

1	2	3
<input type="text"/>	<input type="text"/>	<input type="text"/>

Week

1	2	3
<input type="text"/>	<input type="text"/>	<input type="text"/>

Daily Report

wk2

wk5

Jay

cope with unexpected situations.

are efficient.

ments to cope with unexpected situations.

are efficient.

Starting ability level X (L5) _____

I A C R C V

	4	5	6	7	8	9	10
R							

	4	5	6	7	8	9	10
C							

	4	5	6	7	8	9	10
C							

	4	5	6	7	8	9	10
C							

	4	5	6	7	8	9	10
C							

	wk3

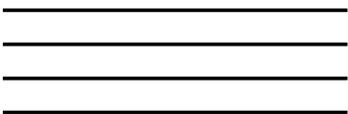
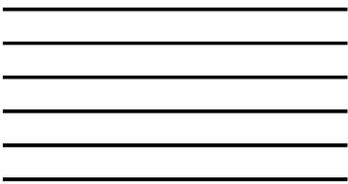
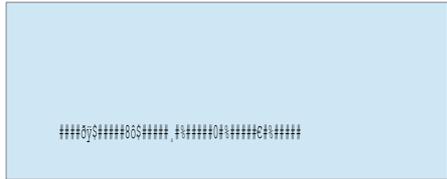
	wk6

Jay

wk9

Jay

Jay



Jay

Jay

Carter

Mount Washington Free Ride Club Seasonal Report Card

Instructor : ANTON Hager

Student : Carter

General Ski Technique

Performance Rating

Stance / Balance

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

Week

	1	2	3
C			

Pivoting

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

Week

	1	2	3
C			

Edging

(separation/ angulation, carving)

Week

	1	2	3
C			

Pressure control

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

Week

	1	2	3
C			

Timing & Coordination

(coordination of skills, looking ahead, terrain adaptation)

Week

	1	2	3
C			

Daily Report

Comments/ exercises used/ safety

wk1
likes to ski fast,
could exercise lower body movements to
adjust the pressure even more

wk2

Comments/ exercises used/ safety

wk4

wk5

Comments/ exercises used/ safety

wk7

wk8

Comments/ exercises used/ safety

wk10

Skiing Safety & Responsibility (Alpine Code)

General Coments:

End of season Ability level achieved

Coac

I A C R C V

- q **Initiation:** -First contact with skill or activity. Student may have no idea o

- q **Acquisition:** -The skier coordinates & executes the key components of the mo
 - 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 unde 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
 - Competitive and unfamiliar situations develop personalized movements that are
 - Composing,** The skier can spontaneously use novel combinations of movement
 - Competitive and unfamiliar situations develop personalized movements that are

b

Starting ability level X (L5) _____

ing I A C R CV

4	5	6	7	8	9	10



4	5	6	7	8	9	10

4	5	6	7	8	9	10

4	5	6	7	8	9	10

4	5	6	7	8	9	10

wk3

wk6

wk9

sh: _____

f what to do.

ovement in the correct order.

r pressure,

e with unexpected situations.

; efficient.

ts to cope with unexpected situations.

; efficient.