

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

wk2
could do exercises for stabilisation of upper body;
for example with poles.
learn to carve on groomed slopes

wk3

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.

wk5
pretty nasty conditions today, foggy 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.

wk6

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.

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

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 :)

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 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.