

Ski/Snowboard Proficiency Skills

Skiing/Snowboarding

Carved Turns

Perform short, medium and long radius carved turns.

Turns should demonstrate speed control, consistent radius and flow.

Ascent Techniques

Demonstrate several different methods of hill ascent.

Hill climb event to the top is not required or recommended.

Free Run

Demonstrate stability, flow and maintain control while skiing/snowboarding an entire run.

Controlled Run

Ski/snowboard down the run in a corridor of about 3 ski widths.

Demonstrate speed and directional control in a balanced and stable style.

Traverse-Turn-Traverse

Traverse across the fall line, then release edges to begin the forward side slip, then re-engage the edges and resume the traverse.

Perform skill in each direction.

There should be a clean definition from traverse to forward side slip to traverse.

Falling Leaf

Demonstrate ability and consistent speed control while side slipping forward, straight down the fall line, and backwards.

The skis/snowboard should not traverse across the snow, but be in a constant side slip.

Transitions

Demonstrate ability to side slip in each direction and the ability to smoothly change from one direction to the other without going out of the fall line.

A corridor of approximately 2-3 ski lengths should be allowed.

Maintain a steady speed while changing from one side slip to the other several times.

Hockey Stop

Demonstrate the ability to stop in control in each direction. Go straight down the fall line and then perform a controlled stop.

End this maneuver in a balanced stable position.