

Skiing Level Instructor Cards

Safety, Fun, Learning

The following apply to ALL Level Cards:

1. Review of the responsibility code.
2. Working on a balanced athletic stance from which each turn starts and finishes.
3. Extension and Flexion. (Tall as a house, small as a mouse)
4. Review of the prior level tasks.

Skiing Level 1:

Safety, Fun, Learning

Required to Pass: Gliding straight run to a stop using terrain or J turn.

Skier can walk, straight run, stop by turning or terrain runout, maintain a balanced athletic stance, strong inside half in traverse position and has been introduced to beginning gliding wedge if needed.

Skiing Level 2:

Safety, Fun, Learning

Required to Pass: Skier can perform controlled, linked, wedge or wedge Christy turns down the entire two hill with speed control achieved through turn shape. Turns start and end in balanced athletic stance with strong inside half in traverse position. Emphasizing directional extension/flexion throughout the turn. Able to stop by turning skis across/up the hill

Skiing Level 3:

Safety, Fun, Learning

Required to Pass: Skier can perform controlled, linked, wedge Christies (a matched ski at the end of the turn.) down the entire three hill. Speed control must be controlled by turn shape. Include Extension/Flexion. Note: Feet must move in direction of new turn, turns start and end in balanced athletic stance. Perform sideslip with strong inside half.

Skiing: The 5 Fundamentals of PSIA:

1. Control the relationship of the Center of Mass to the base of support to direct pressure along the length of the skis.
2. Control pressure from ski to ski and direct pressure toward the outside ski.
3. Control edge angles through a combination of inclination and angulation.
4. Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body.
5. Regulate the magnitude of pressure created through ski/snow interaction.

Teaching objectives:

1. Standing, walking, gliding, climbing.
2. Straight run - with a natural run-out.

Teachers Aids: figure 8 walk with 0, 1 and 2 skis, follow the leader, tag, Simon Says, traffic cop, ankle rolls (static & moving)

Teaching objectives:

1. Linked wedge turns with speed control achieved through turn shape.
2. Directional extension/flexion while flattening the inside ski to achieve turning.
3. Learn to ride the carpet lifts.
4. Develop quality mileage

Teaching Aids: red light green light, vary turn shape to control speed, Simon says,.

Teaching objectives:

1. Skating, downhill and across flat.
2. Side slipping and wedge garlands emphasizing a parallel skid.
3. Strong inside half – nose in drip zone
4. Mileage performing link wedge Christie turns, speed controlled through turn shape down entire three hill.
5. Introduce riding the chair lift loading and unloading procedures (3P cleared to ride chair and ski only the green/easy back trail)

Teaching Aids: J turns, fan progression, sideslip.

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Safety, Fun, Learning

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Safety, Fun, Learning

Required to Pass: Skier can perform controlled, linked, wedge or wedge Christy turns down the entire two hill with speed control achieved through turn shape. Turns start and end in balanced athletic stance with strong inside half in traverse position. Emphasizing directional extension/flexion throughout the turn. Able to stop by turning skis across/up the hill.

Skiing Level 3:

Safety, Fun, Learning

Required to Pass: Skier can perform controlled, linked, wedge Christies (a matched ski at the end of the turn.) down the entire three hill. Speed control must be controlled by turn shape. Include Extension/Flexion. Note: Feet must move in direction of new turn, turns start and end in balanced athletic stance. Perform sideslip with strong inside half.

Skiing: The 5 Fundamentals of PSIA:

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3. Learn to ride the carpet lifts.
4. Develop quality mileage

Teaching Aids: red light green light, vary turn shape to control speed, Simon says, Gliding wedge to a stop.

Teaching objectives:

1. Skating, downhill and across flat.
2. Side slipping and wedge garlands emphasizing a parallel skid.
3. Strong inside half – nose in drip zone
4. Mileage performing link wedge Christie turns, speed controlled through turn shape down entire three hill.
5. Introduce riding the chair lift loading and unloading procedures. (3P cleared to ride chair and ski only the green/easy back trail)

Teaching Aids: J turns, fan progression, sideslip.

Skiing Level 4:

Safety, Fun, Learning

Required to Pass: Skier can perform controlled, linked, wedge Christies (a match at fall line or before with a skidded finish.) down the entire back trail. Speed control must be achieved through turn shape emphasizing a narrow wedge and directional extension/flexion through the turns. Feet must turn in the direction of new turn. Note, to pass Level 4P a pole touch must be demonstrated properly!

Skiing Level 4T:

(between 4 and 4P)

Safety, Fun, Learning

Required to Pass: Skier can perform controlled linked Wedge Christie turns (skis match at or before the fall line with a skidded finish) down the entire four hill. Speed control occurs via turn shaping and there is functional pole use.

Skiing Level 5:

Safety, Fun, Learning

Required to Pass: Skier can perform advanced, linked wedge Christies (a match before the fall line with a skidded finish.) with a pole touch, down the entire five hill. Speed control must be achieved through turn shape. Emphasizing a narrow wedge and directional extension/flexion through the turns. Note: feet must move in the direction of the new turn.

Skiing Level 6:

Safety, Fun, Learning

Required to Pass: Skier can perform linked, open, skidded parallel turns with a pole touch down entire six hill. Speed control must be achieved through turn shape emphasizing directional extension/flexion through the turns. Note: feet must move in direction of new turn.

Teaching objectives:

1. Ride the chair lift- loading and unloading procedures.
2. Can introduce easy face trails at this phase
3. Perform controlled, linked wedge Christies (a match at the fall line or before with a skidded finish)
4. Speed control must be achieved through turn shape emphasizing a narrow wedge and directional extension/flexion through the turns.
5. Feet must move in the direction of the turn.

Teaching Aids: skating, big toe & little toe, sideslip, fan progression.

Teaching objectives:

1. Introduce pole touch.
2. Practice pole touch emphasizing timing and position.
3. Pole touch with wrist dominant (not whole arm) movement
4. Pole touch when skis are flat.
5. Ensure student is using pole correctly 85% of the time.

Teaching Aids: skating, big toe& little toe, , J-turns, C turns, shuffle turns, and.

Teaching objectives:

1. Practice Christies, garlands, lateral and side slipping emphasizing extension and flexion toward direction of intended turn.
2. Perform, controlled, advanced, link, wedge Christies with a pole touch. (a match before the fall line with a skidded finish.) Speed control must be achieved through turn shape with a functional pole touch.
3. Feet must move in the direction of the turn.

Teaching Aids: skating, big toe& little toe, , J-turns, C turns, shuffle turns, and.

Teaching objectives:

1. Review balanced and athletic stance with tipping to be used (edging maneuvers) throughout the entire turn.
2. Pivot slips, Skiing in a box
3. Parallel initiation (forward, sideslip and parallel garlands) emphasizing extension and flexion movements toward direction of intended turn.
4. Take lots of fun runs! Explore the mountain!

Teaching Aids: skating, big & little toe, hockey stop, fan progression, J turns, one-legged skiing.

Skiing Level 4:

Safety, Fun, Learning

Required to Pass: Skier can perform controlled, linked, wedge Christies (a match at fall line or before with a skidded finish.) down the entire back trail. Speed control must be achieved through turn shape emphasizing a narrow wedge and directional extension/flexion through the turns. Feet must turn in the direction of new turn. Note, to pass Level 4P a pole touch must be demonstrated properly!

Teaching objectives:

1. Ride the chair lift- loading and unloading procedures.
2. Can introduce easy face trails at this phase
3. Perform controlled, linked wedge Christies (a match at the fall line or before with a skidded finish)
4. Speed control must be achieved through turn shape emphasizing a narrow wedge and directional extension/flexion through the turns.
5. Feet must move in the direction of the turn.

Teaching Aids: skating, big toe & little toe, sideslip, fan progression.

Skiing Level 4T:

(between 4 and 4P)

Safety, Fun, Learning

Required to Pass: Skier can perform controlled linked Wedge Christie turns (skis match at or before the fall line with a skidded finish) down the entire four hill. Speed control occurs via turn shaping and there is functional pole use.

Teaching objectives:

1. Introduce pole touch.
2. Practice pole touch emphasizing timing and position.
3. Pole touch with wrist dominant (not whole arm) movement
4. Pole touch when skis are flat.
5. Ensure student is using pole correctly 85% of the time.

Teaching Aids: skating, big toe& little toe, , J-turns, C turns, shuffle turns, and.

Skiing Level 5:

Safety, Fun, Learning

Required to Pass: Skier can perform advanced, linked wedge Christies (a match before the fall line with a skidded finish.) with a pole touch, down the entire five hill. Speed control must be achieved through turn shape. Emphasizing a narrow wedge and directional extension/flexion through the turns. Note: feet must move in the direction of the new turn.

Teaching objectives:

1. Practice Christies, garlands, lateral and side slipping emphasizing extension and flexion toward direction of intended turn.
2. Perform, controlled, advanced, link, wedge Christies with a pole touch. (a match before the fall line with a skidded finish.) Speed control must be achieved through turn shape with a functional pole touch.
3. Feet must move in the direction of the turn.

Teaching Aids: skating, big toe& little toe, , J-turns, C turns, shuffle turns, and.

Skiing Level 6:

Safety, Fun, Learning

Required to Pass: Skier can perform linked, open, skidded parallel turns with a pole touch down entire six hill. Speed control must be achieved through turn shape emphasizing directional extension/flexion through the turns. Note: feet must move in direction of new turn.

Teaching objectives:

1. Review balanced and athletic stance with tipping to be used (edging maneuvers) throughout the entire turn.
2. Pivot slips, Skiing in a box
3. Parallel initiation (forward, sideslip and parallel garlands) emphasizing extension and flexion movements toward direction of intended turn.
4. Take lots of fun runs! Explore the mountain!

Teaching Aids: skating, big & little toe, hockey stop, fan progression, J turns, one-legged skiing.

Skiing Level 7:

Safety, Fun, Learning

Required to Pass: Skier can perform linked, open parallel turns with small, medium and large radius and with proper use of pole touch. Speed control must be achieved through turn shape emphasizing directional extension/flexion through the turns. Note: feet must move in direction of new turn.

Teaching Objectives:

Carved turn with tail of ski following tip throughout turn.

1. Railroad track traverse (dynamic balance along entire length of the ski.)
2. 1 legged traverse uphill ski only, downhill ski only
3. Explore functional pole touches for various turn types and shapes. Use pole touch for timing to develop rhythm.
4. Emphasize lower body movement under a stable upper body
5. Maintain speed through turn shape.

Teaching Aids: railroad tracks, skating, big toe & little toe, pivot slips, 1 leg sideslips, hockey stops.

Skiing Level 8:

Safety, Fun, Learning

Required to Pass: Skier can perform linked dynamic, carved, parallel turns (short and medium radius.) on the entire mountain. Skier can adapt these maneuvers to different terrain or snow conditions: i.e. bumps, steeps, powder, ice, etc. Speed control must be achieved through turn shape emphasizing directional extension/flexion through the turns. Lower body must move below stable upper body.

Teaching objectives:

1. Learn the medium carved turn (must show railroad track through entire turn.)
2. Long leg, short leg
3. Teach and perfect dynamic parallel turns using directional/extension movements and efficient use of the forces to accomplish tasks. Use progressive flexing through bottom of turn.
4. Learn to manipulate ski to help make turns. Be the pilot of your skis.

Teaching Aids: railroad tracks, skating, big toe & little toe, pivot slips, 1 leg sideslips, hockey stops.

Skiing Level 9:

Safety, Fun, Learning

Ski anywhere in all conditions. The mountain is yours!

Continuing beyond centerline skiing i.e.; hop turns, cross under, retraction turns, Donald Duck turns, Swiss hop turns. Slow dog noodle (not good for knees).

Teaching objectives:

Can you say mileage! ☺

Skiing Level 7:

Safety, Fun, Learning

Required to Pass: Skier can perform linked, open parallel turns with small, medium and large radius and with proper use of pole touch. Speed control must be achieved through turn shape emphasizing directional extension/flexion through the turns. Note: feet must move in direction of new turn.

Teaching Objectives:

Carved turn with tail of ski following tip throughout turn.

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Teaching Aids: railroad tracks, skating, big toe & little toe, pivot slips, 1 leg sideslips, hockey stops.

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