Pole jumpers

Objective: To clear a series of poles placed on the ground at 90 degrees to the skier's direction of travel.

Primary Skill: Pressure

Justification: Pressure along the fore/aft axis of the ski as a primary area of reference is important to the emerging ski racer. Clearing a series of poles while maintaining a straight path down the hill is only possible if the skier is positioned in the center of the ski.

Slope: Beginner groomed terrain that is even from side to side, without sidehill or fall-away.

Set-up: Eight poles are laid flat on the ground at 90 degrees across the fall-line at 8 meter spacing. The poles can be secured or unsecured to the snow surface. The start is 12 meters above the first pole and the finish is 12 meters below the last pole.

Description:

- Ski in a straight run down the fall-line
- Skier jumps once to clear each pole in the snow

Criteria for perfect execution:

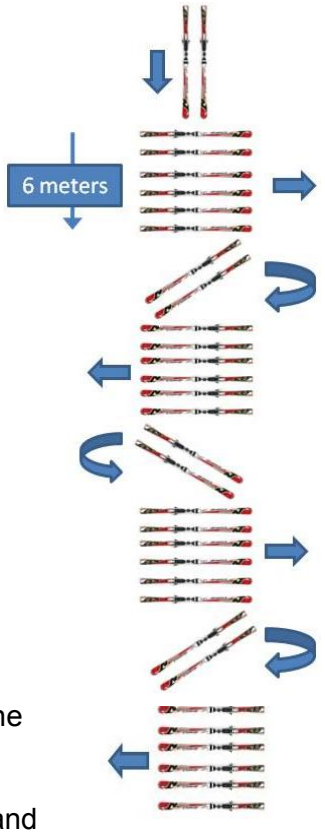
- Skier maintains straight path down the fall-line
- Equal distance maintained between both skis
- Jump off both feet simultaneously
- Land on both feet simultaneously
- Economy of movement from the jumping skier

Scoring:

Starting with a perfect score of 10, subtract up to:

- 2 points for not maintaining straight run down fall-line
- 1 point every time skis touch a pole
- 1 point for every jump off one leg or every landing not on both feet simultaneously
- 1 point for a widening or narrowing of stance
- 1 point for not maintaining flat skis on the snow
- 1 point every time skier uses their upper body to assist in jumping
- 1 point for extra leg flexion or pump between each jump

Pivot slips



Objective: To go straight down the fall-line followed by rotation of both skis simultaneously in one direction until skis are perpendicular to the fall-line followed by a sideslip. The skis are then rotated in the opposite direction to a sideslip followed by a stop.

Primary Skill: Rotary

Justification: Upper body and lower body separation demonstrated by rotation of the skis while maintaining a quiet upper body in space is essential for efficient ski racing.

Slope: Intermediate groomed terrain with a consistent fall-line.

Description:

- Start in a straight run down the fall-line
- Skis are maintained at hip width throughout the drill
- When skier is up to speed, both skis are pivoted across the fall-line
- A sideslip will be maintained for 6 vertical meters in the imaginary ski-width corridor down the fall-line
- Without losing a substantial amount of speed in the vertical sideslip the skis are again pivoted, this time in the opposite direction for 6 vertical meters in the corridor
- The skier concludes with an edge set that is timed with a pole touch and holds stopped position for 3 seconds
- Entire drill is done within an unmarked ski-width corridor down the fall-line

Criteria for perfect execution:

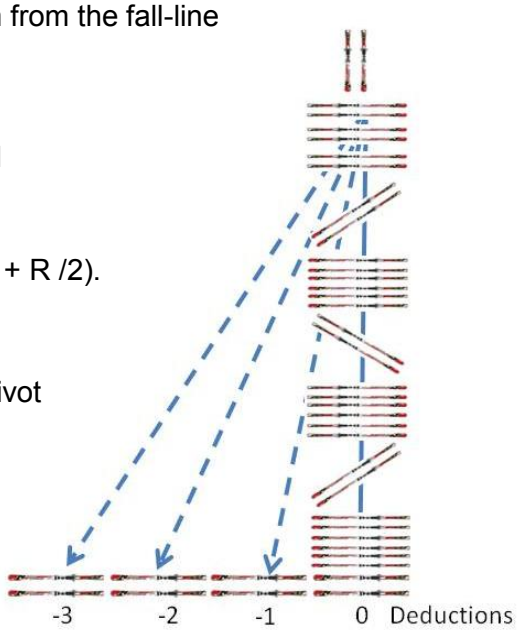
- Skier stays within a ski-width corridor without deviation from the fall-line through entire drill
- Skis are pivoted simultaneously
- Hip width stance in all phases of the drill
- Pole plant coincides with edge set at conclusion of drill

Scoring:

Total score is pivot left plus pivot right score divided by two (L + R /2).

Starting with a perfect score of 10, subtract up to:

- 5 points for stepping or non-sequential movement to pivot
- 1 point for every ski length outside the desired sideslip corridor throughout the task
- 1 point for not coinciding pole touch with edge set at conclusion
- 1 point for not maintaining edge set and quiet posture for 3 seconds at conclusion



Pivot slips

Drill Version 01.12.12

Outside ski turns

Objective: To ski solely on the outside ski prior to, during and after the ski turn during medium radius highly carved turns.

Primary Skill: Edging

Justification: The ability to ski on the outside ski is essential to optimally maintain balance against extreme external forces created by tight turn radii and high speeds. Without an inside ski to assist with lateral balance and regulate pressure the ski racer is limited to their options with regards to what they can do with the ski.

Slope: Easy intermediate groomed terrain.

Description:

- After the first ski turn the inside ski is kept entirely off the snow
- While the skier performs a series of turns with a high degree of carving
- Turns will be connected with slight and identifiable traverse
- A deliberate weight transfer can be identified when the skier transfers pressure to the new outside ski
- Pole may only be used to swing and touch the snow, not for support
- Drill consists of eight to 12 linked turns

Criteria for perfect execution:

- Inside ski carried off the snow 100% of the time
- Deliberate transfer of weight to new outside ski such that when the new outside ski is weighted the old outside ski is relieved of weight
- Prior to the turn, the new outside ski is pressured and skied for a couple ski lengths to indicate balance is solely on the new outside ski
- After turn completion the outside ski is skied for several ski lengths to indicate balance is still 100% outside ski dominant
- Turns are mainly carved
- Speed is consistent throughout entire maneuver
- Turn shape is relatively round
- Ski poles are kept off the snow except if used for a pole touch

Scoring:

Starting with a perfect score of 10, subtract up to:

- 1 point for every 10% of the drill cycle the inside ski is not carried off the snow. For example, if the inside ski is on the snow for 30% of the drill cycle then deduct 3 points
- 1 point for every 10% of the drill cycle that the pole may be assisting balance. For example, if the pole dragged for 30% of the drill cycle then deduct 3 points
- 1 point for every turn that does not end or start with a deliberate and observable weight transfer
- 1 point for every ski length after the first that it takes to complete the weight transfer
- 1 point for every turn that is not of a high degree of carving
- 1 point for every non-round turn shape

Freeski – lane changes

Objective: To ski a series of short radius turns down the fall-line and without interruption change fall-lines. Then again after an established rhythm and without interruption revert back to the original fall-line. A pole plant accompanies each turn.

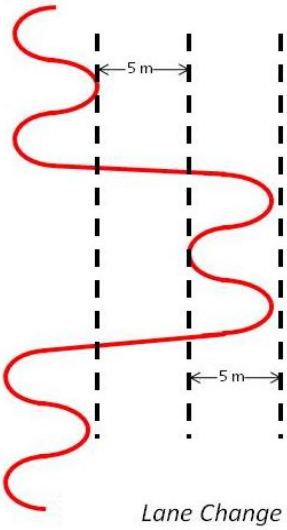
Primary Skill: Balance

Justification: To combine the skills of *rotary*, *edging*, and *pressure.*

Slope: Intermediate groomed terrain.

Description:

- Skier skis three turns of even size, rhythm and speed in an imaginary corridor approximately 5 meters wide, then with a 5 meter traverse changes to a new fall-line, followed by three short radius turns
- The drill consists of six short turns sequences linked by five traverses



Lane Change Drill

Criteria for perfect execution:

- Balance is maintained in all three planes
- Linked round turns with a high degree of carving
- Changing lanes is accomplished by a radical rhythm change where the skis continue across the fall-line without changing the radius of the exiting turn or the first turn in the new corridor
- Consistent speed is maintained throughout all portions of maneuver
- A pole swing coincides with edge release and center-of-mass movement into the new turn

Scoring:

There shall be 3 evaluators. One will evaluate the skier on the fore/aft (sagittal) plane. One will evaluate the skier on the side-to-side (frontal) plane. One will evaluate the skier on the rotational (horizontal) plane. Total score is the combined score from the three perspectives divided by three (x+y+z /3).

For the final score, each evaluator will additionally deduct the following:
- 1 point for not skiing in lane
- 1 point for inconsistent turn shape
- 1 point for each traverse not across the fall-line

Fore/aft evaluation:
Calculate the amount of time (as a percentage of the entire task) the skier is in a desirable fore/aft position on the ski divided by 10 (e.g., if desirable position for 80% of task score would be 8). Then, subtract a ½ point for each pole plant not performed.

Side-to-side evaluation: 3 criteria; each criteria worth 10 points; score = criteria a + b + c / 3

a. The amount of time the ski takes from going from one set of edges to the new set of edges.
   One ski length = 10 points
   Two ski lengths = 8 points
   Three ski lengths = 4 points
   More than three ski lengths = 0 points
b. The percentage of the turn cycle that the turn is carved divided by 10.
c. The percentage of time the skier is laterally balanced divided by 10.

Rotational evaluation: 2 criteria, each criteria worth 10 points; score = criteria a + b / 2

a. The percentage of time spent with appropriate and equal flexion in both ankles divided by 10.
b. The percentage of time spent with corresponding lead change alignment of hips and shoulders with lead established by boots/skis (parallel position, or WALL) divided by 10.