

## Race Skills (11+) Assessment

1. **Edge – *Outside Ski Turns*** – To ski solely on the outside ski prior to, during and after the ski turn during medium radius highly carved turns connected with a traverse on one ski. This task can be set according to space on slope, if it is unsafe to ski fast then trainees will ski with some skilfully blended rotation.

Criteria for perfect performance

- Inside ski carried off the snow 100% of the time
- A deliberate weight transfer can be identified when the skier transfers pressure to the new outside ski
- Prior to the turn, the new outside ski is skied for two ski lengths to indicate balance is solely on the new outside ski
- After turn completion the outside ski is skied for two ski lengths to indicate balance is still 100%
- Outside ski dominant
- Turns are mainly carved (unless non-carved task is set)
- Speed is consistent throughout entire manoeuvre
- Turn shape is relatively round
- Ski poles are kept off the snow except if used for a pole plant

Scoring System (if slope is too busy to perform task carved, penalty points are doubled):

- 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 less than a two ski length traverse on the uphill ski
- 1 point for every turn that is not of a high degree of carving (unless non-carving task is set)
- 1 point for every non-round turn shape

2. **Pressure - *Pole Jumps*** - Jumping clear of a series of poles (4 poles with 8 metre spacing between poles) placed on the ground at 90 degrees to the skiers direction of travel.

Criteria for perfect performance:

- Skier maintains a straight path down the fall-line
- Equal distance is maintained between both skis and knees
- Jump off both feet simultaneously
- Land on both feet simultaneously
- Skis do not touch poles
- Economy of movement from the jumping skier

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

- 2 points for not maintaining straight run down the fall-line
- 2 points every time skis touch a pole
- 2 points 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
- 2 points every time skier uses their upper body to assist in jumping
- 2 points for extra leg flexion or pump between each jump

3. **Rotation – *Straight Run to Sideslips with Edge Set*** – To go straight down the fall-line then rotate both skis simultaneously until skis are perpendicular to the fall-line and side-slipping, and finish with a edge set and pole plant.

Criteria for perfect performance

- Direction of travel does not deviate from fall-line
- Hip width stance in all phases of the drill
- Skis are pivoted simultaneously
- Skier remains in a ski width corridor
- Pole touch coincides with edge set

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 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
- 1 point for not maintaining edge set and quiet posture for 3 seconds at conclusion

4. **Coordination of steering – *Free-ski with pole plant*** – To ski GS sized turns well timed pole plant. Task can be set according to space on slope, if it isn't safe to ski fast then encourage the trainees to ski with some skilfully blended rotation.

Criteria for perfect performance

- Balance is maintained in all three planes
- Linked round turns such that speed is maintained throughout
- The skis show a high degree of carving (unless non-carving task is set)
- A pole swing coincides with edge release and centre-of-mass movement into new turn

Scoring system: Starting with a perfect score of 10, subtract up to (double penalty points if non-carving task is set):

- 2 points for every instance of balance that requires a drastic correction
- 1 point for every turn that is not round
- ½ point for every turn where speed is not maintained
- ½ point for every turn that does not have a high degree of carving (unless non-carved task is set)
- ½ point for every missed pole swing