

Skiing Fundamentals

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

	LEVEL 1	LEVEL 2	LEVEL 3
Environment: Terrain and Conditions	Students in Beginner Zone	Students through Intermediate Zone	Students through Advanced Zone
	All Green/Groomed Blue	All Blue/Groomed Black	All Terrain/All Conditions
	Green terrain including mild un-groomed conditions and moderate blue terrain.	Green terrain, all blue terrain including off-piste, and moderate groomed black terrain.	Green, Blue, Black (double black where available) terrain in most conditions.
	Demonstrate at speeds appropriate for beginner zone skiers.	Demonstrate at speeds appropriate through intermediate zone skiers.	Demonstrate at speeds appropriate through advanced zone skiers.
	Ski in control using a "rounded" turn shape at intermediate zone speeds.	Ski in control using a consistent, round turn shape at advanced zone speeds.	Maintain control at expert speeds accurately blending the skills to accomplish the required tasks while adjusting turn shape in all conditions and situations.
Accuracy & Consistency	Fundamentals are apparent in all tasks and all phases of a basic turn (wedge and parallel) with some inconsistencies from one phase to another.	Fundamentals are consistently present through all tasks and all phases of a parallel turn, and through a series of rhythmic and controlled turns.	Fundamentals are refined in all tasks and blended through all turn phases and from turn to turn producing dynamic, rhythmic turns in all conditions and situations.

Fundamental	L1 Apparent	L2 Combined	L3 Refined
COM OVER BOS TO REGULATE P ALONG LENGTH OF SKI	SIDE SLIP	STRAIGHT RUN TO HOCKEY STOP	DIAGONAL FALLING LEAF
CONTROL P FROM SKI TO SKI, DIRECT P TO OUTSIDE SKI	TRAVERSE ON DH SKI	OS TO OS SKI	1 SKI
CONTROL EDGE ANGLE THROUGH INCLINATION AND ANGULATION	SIDESLIP	HOCKEY STOP	RR TRAX
CONTROL SKIS ROTATION THROUGH LEG ROTATION	STRAIGHT RUN TO "J" TURN	HOCKEY STOP	PIVOT SLIP
REGULATE THE MAGNITUDE OF PRESSURE THROUGH SKI/SNOW INTERACTION	STRAIGHT RUN HOP AND LAND	BASIC LEAPER	DYNAMIC LEAPER EXTENSION RETRACTION TURNS