

Level 1 Skiing - Part 1

The purpose of this clinic is to familiarize Level 1 exam candidates of the skiing maneuvers they will be required to demonstrate during the exam process. An important aspect of this clinic is to connect these tasks to their daily teaching - i.e. these are common “stepping stone” activities that we’d expect to see our students progress through and eventually want to ski in the ungroomed terrain and situations.

During this session clinic leaders should be referring to skill blending, skill dominance and how the fundamentals tie into the task. Skills are how the ski moves. Fundamentals are how the body moves relative to the skis to affect skill blending.

The SKILLS CONCEPT

The Skills Concept serves as the technical model of America ski instruction. It is based on the knowledge that three skills - rotational control, edge control and pressure control - are integral to all turns, and they are essential for maintaining balance. These skills provide a clear framework to analyze the action of the skis on the snow and the skier’s movements to accomplish these actions.

ROTATIONAL CONTROL Rotation control refers to turning the skis about the vertical axis of the body. Skiers use this action to affect the direction their skis point.

EDGE CONTROL Edge control refers to tipping the skis relative to the length or longitudinal axis of the skis. Skiers use the action to increase or decrease the ski-to-snow angle.

PRESSURE CONTROL Pressure control relates to managing forces acting on the skis. Skiers manage the distribution of pressure along the length of the skis, transfer pressure from one ski to the other, and adjust the overall magnitude of the forces acting on the skis.

THE SKIING FUNDAMENTALS

The fundamental mechanics of SKIING, outlined below, remain consistent through all levels of Certification. The performance criteria for these fundamentals will vary based on the application to common beginner, intermediate, and advanced zone outcomes.

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 EXAM MANEUVERS

Beginner Zone Skiing

Zone skiing provides a consistent platform to evaluate the candidate's fundamental mechanics of skiing and skill blend. Candidates will be asked to demonstrate a variety of skiing performance outcomes showing ski / snow interaction and movements utilized in development of a student's fundamental skiing skills. Additionally, the candidates are evaluated using the national standards categories of Environment, Speed and Accuracy.

WEDGE TURNS

Athletic stance; slow to moderate speed; steering of both skis with leg rotation; linked round turns with both skis maintaining contact with the snow; no pole use. Skis maintain a wedge relationship.

WEDGE CHRISTIE TURNS

As a turn is completed, a new turn is started by extending ankles, knees and hips, steering both skis towards the fall line, resulting in a wedge relationship. The skis become parallel through more active steering of the inside ski, using rounded turn shapes and no traversing. The parallel matching of the skis may be demonstrated in a variety of places in the turn, including the beginning, middle and end depending on speed, terrain or intent. A pole touch is optional.
BASIC

PARALLEL TURNS

With a balanced, athletic stance make short, medium and/or long radius turns. If used, pole use is timed with the turn radius, pole touch with weight transfer and edge change. Maintain a parallel relationship.

FREE SKIING – GROOMED TERRAIN, MILD UN-GROOMED, SMALL BUMPS – MODERATE BLUE TERRAIN

Free skiing in terrain that is groomed, mild un-groomed and/or small bumps may be completed in a blend of short, medium and/or long radius turns. Ski in control using a rounded turn shape at intermediate zone speeds.