

Level 1 Skiing - Part 2

The purpose of this clinic is to familiarize Level 1 exam candidates of the versatility activities they will be required to demonstrate during the on-snow exam process. An important aspect of this clinic is to connect these activities as useful tools to be used in their daily teaching - i.e. these are common activities that we'd expect to have our students do to build skills or relate to aspects of the maneuvers we skied through in the Level 1 Skiing 1 Clinic.

During this session clinic leaders should be referring to skill blending, skill dominance and how the fundamentals tie into the versatility activity. 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 SKILLS AND FUNDAMENTALS

The purpose of the skills and fundamentals category is for the candidate to show the ability to highlight a specific skill, fundamental or blending therein. Successful demonstration shows how the skills and/or fundamentals are incorporated in lessons designed to improve student performance and advancement within the current zone.

SIDE SLIP TO AN EDGE SET

In a side slip, the skier slips sideways down the hill with his/her skis pointing across the hill. Stand slightly flexed with skis tipped on uphill edges in a traverse position. Extend to flatten your skis in order to slip sideways down the hill. Flex slightly, moving your knees uphill, to edge sufficiently in order to control your speed of descent. To come to a stop, flex more to increase the edge angle on the snow surface.

LINKED FORWARD SIDESLIP TO AN EDGED TRAVERSE

From a traverse, flatten skis to slip sideways while moving forward. Increase edge angles to engage skis to an edged traverse. Repeat movements across the hill. Maintain stance width and parallel relationship of the skis. Balance mainly on the downhill ski. Decrease edge angles to slip or increase edge angles to traverse. Perform in both directions.

STRAIGHT RUN, PADDLE TURN TO A STOP

Demonstrate an athletic stance with legs slightly flexed, hands and arms in front of body, while in a straight run. Transferring weight from one ski to the other in a scissoring fashion, step across the fall line to a stop. Complete on very shallow terrain.

PARALLEL TRAVERSE TO WEDGE ENTRY (Performed in a Garland*)

Start from a traverse in a parallel relationship with both uphill edges engaged while keeping more weight on the downhill ski. Both skis should track and not slip or skid sideways. From the parallel stance transfer more weight to the uphill ski to create easier steering of the downhill ski. Flatten both skis to release the edges and simultaneously steer both skis into a narrow wedge. Complete the wedge by steering both skis back across the hill in the original direction and back to a parallel relationship. Complete at least two garlands in each direction.

*Garlands: A series of linked "half turns", in which the skier turns down the fall line, then turns back across the hill in the original direction of travel.