



EVALUATION

P r o g r a m



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STEPS' SUMMARY



PENGUIN (A)

Prerequisites

At the beginning of this stage, the skier should be able to demonstrate the following:

- No prerequisites, it is the student's first experience.

Goals and Objectives

At the end of this stage, the skier should be able to demonstrate the following:

- Knowledge of a ski station's environment
- Confidence in the instructor
- Completion of a run with assistance



PANDA (B)

Prerequisites

At the beginning of this stage, the skier should be able to demonstrate the following:

- The skier is off-center balanced and needs assistance.

Goals and Objectives

At the end of this stage, the skier should be able to demonstrate the following:

- Improvement of confidence in the environment
- Improvement of balance
- Demonstration of a snowplow run without assistance and stop



GIRAFFE (C)

Prerequisites

At the beginning of this stage, the skier should be able to demonstrate the following:

- The skier is not always perfectly balanced and must control his/her speed when making turns.

Goals and Objectives

At the end of this stage, the skier should be able to demonstrate the following:

- Improvement of confidence on his/her skis
- Improvement of speed control
- Demonstration of linked snowplow turns



ZEBRA (D)

Prerequisites

At the beginning of this stage, the skier should be able to demonstrate the following:

- The child skis with more ease and control but needs to increase his/her speed.

Goals and Objectives

At the end of this stage, the skier should be able to demonstrate the following:

- Development of balance
- Linked snowplow turns
- Development of weight transfer
- Increment of speed
- Completion of turns



DINOSAUR (E)

Prerequisites

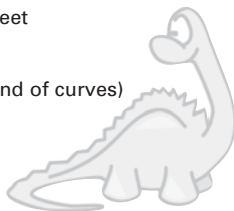
At the beginning of this stage, the skier should be able to demonstrate the following:

- The child is solid and agile. His/her confidence enables him/her to ski faster on varied terrains. Poles are optional.

Goals and Objectives

At the end of this stage, the skier should be able to demonstrate the following:

- Improvement of independence of his/her two feet
- Improvement of pivoting
- Development of steering of the outside ski
- Completion of turns keeping the skis parallel (end of curves)
- Increment of speed
- Development of edging



TIGER (F)

Prerequisites

At the beginning of this stage, the skier should be able to demonstrate the following:

- The child is solid and agile and the skis are spread out in order to have better balance. He/she remains upright, leans back, and skis parallel on easy terrain, but skis in stem on difficult terrain.

Goals and Objectives

At the end of this stage, the skier should be able to demonstrate the following:

- Improvement of position and balance
- Demonstration of the ability to keep both skis parallel throughout the turn
- Improvement of edging
- Improvement of steering of the skis
- Development of the use of the poles



STEP 1

Prerequisites

At the beginning of this stage, the skier should be able to demonstrate the following:

- No prerequisites, it is the student's first experience.

Goals and Objectives

At the end of this stage, the skier should be able to demonstrate the following:

- Development of a balanced position (not necessarily centered)
- Development of a certain vertical balance
- Acquirement of a level of confidence that enables him/her to execute a straight run and a snowplow stop

STEP 2

Prerequisites

At the beginning of this stage, the skier should be able to demonstrate the following:

- The skier is balanced and has enough ski control to enable him/her to initiate a change of direction.

Goals and Objectives

At the end of this stage, the skier should be able to demonstrate the following:

- Acquirement of a balanced position (not necessarily centered)
- Initiation to steering the skis and changing direction
- Increment of speed
- Acquirement of a level of confidence enabling the skier to execute snowplow turns

STEP 3

Prerequisites

At the beginning of this stage, the skier should be able to demonstrate the following:

- The skier is able to execute snowplow turns and to increase speed, which enables him/her to link series of snowplow turns.

Goals and Objectives

At the end of this stage, the skier should be able to demonstrate the following:

- Initiation to balance on the outside ski
- Initiation to vertical balance/ankle, knee and hip movement
- Development of steering of the skis and changing direction
- Increment of speed
- Capacity to execute linked and rhythmical snowplow turns

STEP 4

Prerequisites

At the beginning of this stage, the skier should be able to demonstrate the following:

- The skier has a better vertical balance and the ability to perform a series of rhythmical and linked snowplow turns.

Goals and Objectives

At the end of this stage, the skier should be able to demonstrate the following:

- Development of vertical balance
- Development of balance on the outside ski
- Initiation to edging through angulation movement
- Initiation to fore/aft balance
- Improvement of steering of the skis and changing direction
- Increment of speed
- Improvement of the level of confidence that allows the skis to be brought together during a turn

STEP 5

Prerequisites

At the beginning of this stage, the skier should be able to demonstrate the following:

- The skier has greater ease on groomed blue slopes, and brings his/her skis together when executing a turn.

Goals and Objectives

At the end of this stage, the skier should be able to demonstrate the following:

- Improvement of balance on the outside ski
- Improvement of vertical balance
- Development of fore/aft balance
- Improvement of edging through angulation movement
- Initiation to timing and coordination skills
- Initiation to planting the pole
- Ability to bring the skis together earlier in the turn
- Increment of speed

STEP 6

Prerequisites

At the beginning of this stage, the skier should be able to demonstrate the following:

- The skier is able to bring the skis together during turns. He/she uses the poles and his/her movements are abrupt. He/she slips and needs to improve the steering of the skis.

Goals and Objectives

At the end of this stage, the skier should be able to demonstrate the following:

- Capacity to leave the stem phase and to ski parallel
- Demonstration of forward balance at the beginning of the turn
- Improvement of timing by edging, at the latest, in the fall line
- Improvement of timing and coordination in the linking of turns
- Improvement of rhythm and fluidity in executing turns
- Improvement of stability and control by increasing movements of angulation and flexion
- Improvement of the use of poles
- Increment of speed in order to be able to start the turn while keeping the skis parallel

STEP 7

Prerequisites

At the beginning of this stage, the skier should be able to demonstrate the following:

- The skier now skis parallel and edges the fall line. He/she skis in more difficult conditions but tends to lose control and confidence when the difficulty becomes greater.

Goals and Objectives

At the end of this stage, the skier should be able to demonstrate the following:

- Improvement of fore/aft balance at the start of the turn
- Capacity to make parallel, rhythmical, and linked turns in the fall line
- Capacity to edge early in the turn
- Improvement of leg independence
- Improvement of timing and coordination
- Demonstration of pressure control
- Initiation to bumpy terrain
- Increment of speed

STEP 8

Prerequisites

At the beginning of this stage, the skier should be able to demonstrate the following:

- The skier executes rhythmical and linked turns in the fall line and can ski on slightly bumpy terrain. However, he/she lacks timing on the bumps and still has balance problems. He/she is able to apply edging before the fall line but lacks performance and control on black slopes. The skier must continue to improve leg independence and pressure control.

Goals and Objectives

At the end of this stage, the skier should be able to demonstrate the following:

- Improvement of fore/aft balance at the start of the turn
- Development of the selection of the line on bumpy terrain and adaptation to the terrain
- Improvement of steering through better timing, coordination, pivoting, and edging
- Improvement of pressure control through controlled muscular resistance thanks to flexion and angulation movement
- Development of varied radius turns
- Capacity to ski with control and confidence on black slopes
- Increment of speed

STEP 9

Prerequisites

At the beginning of this stage, the skier should be able to demonstrate the following:

- The skier can now vary the turns and demonstrate a better adaptation to different conditions. He/she steers the skis better but still isn't strong enough and still doesn't use the skis' rebound to improve performance. The linking of average radius turns lacks timing, coordination and fluidity.

Goals and Objectives

At the end of this stage, the skier should be able to demonstrate the following:

- Improvement of linked medium radius turns at a higher speed through better timing and coordination of edging and pressure control
- Improvement of mechanics to increase and release edges
- Development of stronger turns by using the skis' rebound
- Improvement of steering through better timing and coordination of pivoting and edging
- Demonstration of strong, rhythmical, short radius turns on groomed and more abrupt slopes and maintenance of a consistent speed
- Improvement of pressure control through controlled muscular resistance thanks to flexion and angulation movement
- Acquisition of control and confidence when skiing on black slopes
- Increment of speed

STEP 10

Prerequisites

At the beginning of this stage, the skier should be able to demonstrate the following:

- The skier has developed ski mechanics on the black slopes. He/she links high speed turns and executes strong turns by increasing and releasing edges more effectively.

Goals and Objectives

At the end of this stage, the skier should be able to demonstrate the following:

- Capacity to ski in various snow conditions
- Ability to adapt to uneven terrain
- Variation of the turns' radius during the same run
- Variation of trajectory during the same run
- Gradual increment of speed during runs, maintaining the same trajectory
- Development of the skill of using every part of the bump to turn
- Demonstration of pressure control by using extension movement in the hollows of the bumps and flexion movement on top of the bumps
- Acquisition of control and efficiency when skiing on black slopes
- Increment of speed

national@snowpro.com • www.snowpro.com



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