

LEVEL 7 Working On Mastered

GOAL: PARALLEL TURNS OF ALL SIZES ON GROOMED BLACK TERRAIN

TERRAIN:

- I can make consistent medium parallel turns on a groomed black run.
- I can make a series of short parallel turns in a corridor on a groomed blue slope.
- I can make a hockey stop with a pole touch on groomed black terrain.
- I can ski a bump run on blue or easier black terrain maintaining speed and turn shape.
- I can link a series of turns on one ski on blue terrain.
- Safety: I can put on gear and help others when off-piste. I can describe and apply self arrest.
- I am ready for Level 8!

THE MOMENT WHEN I KNEW I COULD SKI: _____

LEVEL 8 Working On Mastered

GOAL: PARALLEL TURNS ON DOUBLE BLACK TERRAIN TERRAIN:

- I can link pivot slips in a corridor.
- I know when to use sideslip or stem step to enter a steeper trail.
- I can vary turn shape in a bump run (medium to short or short to longer).
- I can make a series of rhythmic turns in cut up snow or powder.
- I can make medium radius dynamic carved turns on groomed black runs.
- Safety: I can repeat the best practice rules for accessing terrain through resort boundary gates.
- I am ready for Level 9!

MY FIRST IMPRESSION OF SKIING: _____

LEVEL 9 Working On Mastered

GOAL: DYNAMIC PARALLEL TURNS ON ALL TERRAIN TERRAIN:

- I can make a series of turns on one ski on a steep groomed black slope with no skid.
- I can perform hop turns with a pole plant and land leaving edge tracks in the snow on black terrain.
- I can use active flexion in a bump run.
- Safety: I understand different snow and weather conditions and what can happen when these conditions suddenly change.

MY FUTURE GOALS IN SKIING: _____

STUDENT NAME: _____

AGE: _____

PARENT'S NAME: _____

PARENT'S CELL PHONE: _____

ALLERGIES: _____

COMMENTS: _____

INSTRUCTOR NAME: _____

RESORT LOGO GOES HERE



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LEVEL 1 Working On Mastered

GOAL: LEARNING TO GLIDE & STOP TERRAIN:

- I can climb up the hill.
- I can glide on a straight run on a slight slope.
- I can make a wedge.
- I can change directions (both ways).
- I can stop on a mild slope.
- Safety: I look uphill before starting to ski.
 - I'm ready for Level 2!

MY FIRST IMPRESSION OF SKIING: _____

LEVEL 2 Working On Mastered

GOAL: LEARNING TO TURN & CONTROL SPEED TERRAIN:

- I can walk and glide on flats.
- I can ride the beginner lift and know loading and unloading procedures.
- I can glide across the slope and wedge turn.
- I can turn to stop in both directions.
- I can connect turns (no straight glide in between my turns).
- Safety: I can avoid people and objects in between my turns. I can stop in a group where others can see me.
 - I'm ready for Level 3!

THE MOMENT WHEN I KNEW I COULD SKI: _____

LEVEL 3 Working On Mastered

GOAL: EXPLORING GREEN TERRAIN TERRAIN:

- I can make wedge turns of different shapes.
- I can control speed through skidding (turn shape).
- I can get up after a fall and put skis back on.
- I can make a hockey stop.
- Safety: I can stop safely below the group or where the instructor tells me to stop.
 - I'm ready for Level 4!

SOMETHING I SAW ANOTHER SKIER DO: _____

LEVEL 4 Working On Mastered

GOAL: LEARNING PARALLEL TURNS AND SPEED CONTROL TERRAIN:

- I can hockey stop in both directions.
- I can balance on my outside ski (able to lift inside ski).
- I can sideslip both directions.
- I can carry speed while in control on green and easier blue runs.
- I can adjust my turns and line to avoid others and control speed.
- Safety: I can help others with getting up and putting gear on. I can lead a group to a designated stopping place and I know where to safely wait.
 - I'm ready for Level 5!

A TRAIL I LIKE A LOT: _____

LEVEL 5 Working On Mastered

GOAL: EXPLORING BLUE TERRAIN, CHANGING CONDITIONS AND LEARNING TO USE POLES TERRAIN:

- I can balance on my outside ski while turning (able to lift inside ski).
- I can side-slip in a corridor.
- I can hockey stop in both directions without drifting across the slope.
- I can use pole swing and touch at turn initiation and demonstrate longer and shorter turns with parallel turn entry.
- Safety: I know the terrain park rules and I can safely ski on the terrain park features.
 - I am ready for Level 6!

WHAT I WANT TO LEARN IN SKIING: _____

LEVEL 6 Working On Mastered

GOAL: LEARNING TO MASTER PARALLEL TURNS WITH POLE USE ON ALL BLUE AND SOME BLACK TERRAIN:

- I can side-slip with edge sets.
- I can balance on my outside ski, lifting inside ski tail in a series of turns on blue terrain.
- I can maintain turn shape and speed on ungroomed green or easy blue run.
- My skis are parallel throughout the turn on all blue and easy black runs.
- I can help fellow group members to get up, get gear back on, and return to group.
- Safety: I know procedures to follow if separated from the group.
 - I am ready for Level 7!

MY MOST ADVENTUROUS SKI EXPERIENCE: _____
