

**READING, EDITING AND PRESENTING THE ALPINE  
CERTIFICATION GUIDE IS LIKE THIS IMAGE  
BECAUSE.....**





CERTIFICATION KEY UPDATES | 2016-2017



Why  
the  
updates  
?

Skiing  
updates

Level 2  
teaching

Level  
1

Examiner  
assessments

PSIA-AAS







# WHY THE UPDATES ?



## 1. Current with the national standards

- Teaching and professional knowledge categories
- Skiing categories: environment, speed, accuracy

## 2. In line with the new alpine technical manual

## 3. Process and assessments similar with other divisions

## 4. Examiner feedback

- Teaching assignments
- Skiing activities

## 5. Relevance for the candidate

- Teaching assignments
- Skiing activities
- Skiing versatility

## 6. Registered member

- Online registration

ASAAS





# SKIING UPDATES





## 1. Zone skiing

- Beginner zone – level 1
- Intermediate zone – level 2
- Advanced zone – level 3

## 2. Skills and fundamentals

## 3. New skiing activities

- In the moment
- versatility

## 4. Skiing parameters and descriptions



# 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







# 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.





# SKIING ACTIVITIES LEVEL 2

## Intermediate zone skiing

- Wedge christy - green through easy black
- Short radius -  $\frac{1}{4}$  to 1 packer width - blue and easy black
- Medium radius—1  $\frac{1}{2}$ - 3 packer width - blue or easy black
- Rhythm changes - blue or easy black
- Off piste – blue or easy black

## Skills and fundamentals

- Skate- flat, uphill, downhill - easy green
- Straight run hop ski to ski- green
- Leapers- blue or easy black
- Outside ski turns- blue
- Linked pivot slips – blue or easy black

# SKIING ACTIVITIES LEVEL 3

## Advanced zone skiing

- Short radius-  $\frac{1}{4}$  to 1 packer width, all conditions, all terrain
- Medium radius –  $1 \frac{1}{2}$  to 3 packer width, all conditions, all terrain
- Off piste- black terrain

## Skills and fundamentals

- Ski on one ski- green through black terrain
- Two - footed hop turns – green through black terrain
- Railroad track turns – green through easy black terrain
- Short radius turns and linked pivot slips- blue or black terrain







# LEVEL 2 TEACHING UPDATES





# LEVEL 2 TEACHING TOPICS

- In the zone
- Relevant to what they teach everyday
- Clinic and coach the group
- Engage the group in related activities that have been most successful in your experience
- Coach the group to perform those activities so they may provide the best example for their clients









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# LEVEL 1



# POLICY AND PROCEDURES:

- 20 hours of combined practical teaching hours and clinic, training hours.
- 10 hours minimum each for teaching and clinic time
- On snow combined skiing/ riding and teaching assessments
- Up to 15 minutes for candidate to present teaching topic
- 6 hours on snow assessment, 1 hour indoor assessment
- Group size of 6 people, 8 maximum
- Required Synopsis- reviewed and signed by candidate and their trainer
- Online Registration
- Online Written Test



## Level I Synopsis

NAME \_\_\_\_\_ DATE \_\_\_\_\_ SCHOOL \_\_\_\_\_

### PLEASE PLACE A CHECK BY ANY OF THE BELOW YOU HAVE TAUGHT:

Adults\_\_ Age 20-49\_\_ Age 50+\_\_ Children\_\_ Age 5-\_\_ Age 6-12\_\_

Teens 13-19\_\_ Groups\_\_ Multi-week\_\_ Privates\_\_

### PRACTICAL TEACHING:

A minimum of ten practical teaching hours are required to participate in a Level I exam. Please provide a brief review of your experiences.

1. WHAT WORKED WELL?

2. WHAT WERE YOUR CHALLENGES?

3. WHAT AREA(S) DO YOU FEEL NEED IMPROVEMENT TO BE MORE EFFECTIVE IN YOUR TEACHING?

### TRAINING CLINICS:

A minimum of ten clinic/training hours are required to participate in a Level I exam. Please provide a brief review of your experiences.

1. TYPE OF CLINICS?

2. WHAT WORKED WELL?

3. WHAT AREA(S) DO YOU FEEL YOU NEED MORE TRAINING IN TO BE MORE EFFECTIVE IN YOUR TEACHING OR SKIING?

Participant Signature \_\_\_\_\_

Trainer Signature \_\_\_\_\_

# PRACTICAL TEACHING

## 1. What worked well?

- Positive attitude
- Keeping it Fun
- Less talking, more activities
- Clear visuals
- Gaining Trust

## 2. What were your challenges?

- Patience
- Weather
- Movement analysis
- Parents
- Group Handling, i.e. Large group sizes, Keeping on task, staying together, different skill levels within the group





# TRAINING CLINICS

## 1. What worked well?

- The more clinics the better
- Bringing skiing back to the basics
- Instructors who were approachable for guidance, questions and leadership
- Skier improvement

## 2. What area(s) do you feel you need more training in to be more effective in your teaching or skiing?

- Personal skiing, all conditions, all terrain, better demos
- Movement Analysis
- Clear communication, Verbiage / Concise
- Class handling, how to deal with splits, Bag-O-Tricks
- Higher class levels







# SKIING REQUIREMENTS

## Beginner zone skiing:

- Wedge turns
- Wedge christy
- Basic parallel
- Free skiing (in moderate blue terrain, mild un-groomed conditions or small bumps)



# SKIING REQUIREMENTS

## Skills and fundamentals:

- Side-slip to edge set
- Straight run, paddle turn to stop
- Parallel traverse to Wedge entry  
\*(performed in a Garland)
- Linked forward side slip to an edged traverse





# TEACHING & SKIING ON-SNOW ASSESSMENT



# TEACHING AND SKIING ON-SNOW ASSESSMENT

## WHAT:

- Select a LEVEL 1 Beginner Zone activity OR Skills and Fundamental activity
- Select ONE Skiing Fundamental as a main focus





# TEACHING AND SKIING ON SNOW ASSESSMENT

## WHY:

Discuss Common Goal Outcome

- Ski Performance specific – Skills
- Body Movements specific – Fundamentals



# TEACHING AND SKIING ON SNOW ASSESSMENT

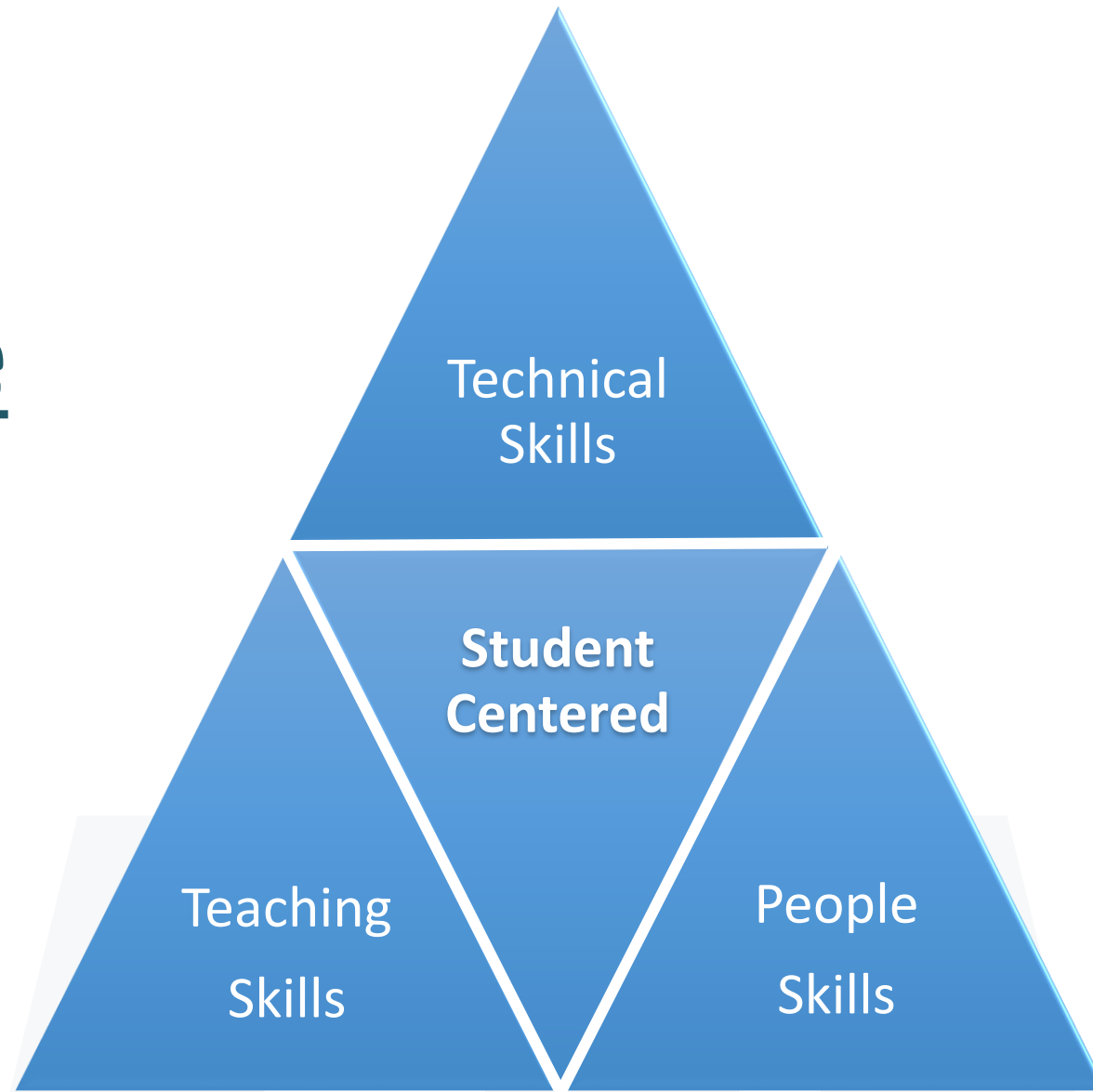
## HOW:

- Identify the different phases of a turn and HOW the skills are applied in each phase of the turn
- Demonstrate skiing task relative to the desired action of the skis
- Observe peers and describe chosen skiing fundamental
- Feedback is related to the skiing fundamental focus and HOW to achieve the desired action of the skis





# The Complete Package







## EXAMINER ASSESSMENT WRITE UPS



Congratulations! Based on your performance today you were successful. You consistently showed good fundamental movements & skill blending + adapting to different tasks as needed. To take things to the next level you need to change more upper body structure and allow for more flexion & extension + ability to guide feet and legs against upper body. This will allow you to deliver more dynamic faster aggressive skiing when needed and be successful in rougher conditions.

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Congratulations, today's skiing performance consistently meet the cert 2 skiing standards....80% of the time. This was evidenced by your ability to guide and steer the skis w/ leg rotation in a variety of applications primarily in the second ½ of the exam. Your ability to shape a turn on blue black terrain as well as maintain speed control through turn shape was shown a majority of the time.

Please continue to develop your ability to guide the skis and have the tip follow the tail in shorter and more dynamic skiing that will be tested in cert. 3 and for black terrain skiing. A primary movement to avoid in this is to NOT pull your outside hand around your body through the finish phase of the turn. Instead come thru the last part of the shaping phase w/ skis turning more than the hips, shoulders, arms and hands.

Based on the LII national standards and your performance today you were not successful. What we saw for the refinement needed to be successful is the ability to maintain an athletic stance that will allow you to work the whole length of the ski throughout your turns. 1. Allow your outside ankle to flex more and match the same angle as your inside ankle. This will allow you to pressure the outside ski more. 2. Have your back match the same angle as your shin angle throughout, but especially at turn initiation. You straighten your back which causes your C.M. to move to the aft of your skis resulting in a “Z” shape turn instead of a rounded turn shape.

\* See backside for more marked goals\*



Based on your skiing today you did not consistently perform at the cert. 2 skiing standard. This was evidenced by the inconsistency of being able to have the tail follow the tip in short radius and off piste/ mogul runs.

This was primarily due to having an open or non- flexed ankle through initiation which caused the fore body of the ski to not draw into the turn or shape the turn consistently. This resulted in tail displacement through the shaping phase.

Continue to develop the ability to consistently have the tail follow the tip through initiation and shaping by extending the knees and hip gradually rather than opening the ankle. This will enable you to guide the skis rather than rotate it to get it to turn.

Today in your skiing you did not continuously demonstrate turning of the feet and legs that turn more than the upper body. Specifically in the shorts to pivots we saw the turning initiated from the hips. More often it is apparent in your left footed turns vs the right footed. How you carry your hands may have some influence on your ability to separate turning of the feet and legs & upper body. Keep working to develop more effective use of angulation to aid in directing balance to the outside ski and help the legs turn against the upper body.



# EXAMINER NOTES



SKIER: DAVE L - FQ

Gray coat/blue hat

-Skills:

- \*down stem to start all parallel turns
- \*sequential edge changes with step
- \*edges naturally engaged after fall line
- \*quick pivot at start of turn
- \*upside down J shaped turns - skid finish

-Body:

- \*upper body windup to start turns (down stem) parallel and wedge
- \*upper body rotation to start turning outside ski
- \*little ankle flex/on heels - vertical back
- \*realignment through turn with shoulders
- \*arms are flailing



Mike – FQ

\*skis the fall line but....

\*Angle of back does not match shin angle -F1

\*CM back at the initiation of turn- F1

\*Late edge engagement at initiation on MR, no tip pressure at initiation, no parallel relationship with skis throughout turn phase -F1, F3

\*Tails of skis do not follow path of tips in most turns from control phase to finish. Mostly turning- (whole body rotation) or pivoting, no steering - F4, F2 - because of F1

\*Z turns for SR turns F4, F1

\*Does not maintain or control speed in variable conditions F1, F2, F4, F5

## KIRSTEN LEVEL 3 – PASS

- \* Good overall flexed stance- fore/aft, side/side
- \* adjusts pressure thru flexion of all joints
- \* appropriate counter in SR & MR turns
- \* good overall edge management
- \* need to move more thru transition
- \* direct pole more to inside of turn (s)
- \* stance width- 2 narrow



## NICK— FQ

- \* Skis constantly converge at turn initiation
- \* tails take wider path than tips, turn shape is too skidded
- \* too much traversing between turns
- \* skis do not engage/edge and bend until after fall line
- \* upper body is strong rotary force
- \* at finish / initiation does not transfer weight to new outside ski until first third or later of next /new turn
- \* body / weight not centered on skis enough to balance on one leg without constantly setting other ski down to regain balance
- \* does not edge well enough to push off ski and leave clean track in snow

Linda --- pass

- \*Nice balanced stance throughout the day - F1

- \*Both skis and edges are engaged at initiation phase in MR, F2 - nice round turn shape

- \*Depending on speed, in MR turns tendency to have inside half of body -shoulder, inside hand, move to the inside of turn at finish phase causing outside ski tail to break away. -F4

- Can cause late edge engagement at initiation in MR –F3

- \*Able to manage skis in all conditions and terrain -F2, F5



# TYLER- PASS

- \* Ski tails follow tips thru most all turn shapes
- \* skis were parallel from turn initiation thru completion
- \* skis were tipped by first third of turn
- \* skis bent from the middle with tip and tail showing pressure
- \* more weight was put towards outside ski before the fall line and carried thru to completion
- \* had occasional stem at initiation from not leveling shoulders after fall line in previous turn
- \* upper body rotation at initiation made skis less likely to carve immediately

## JOHN LEVEL 2 - FQ

- \* Upper body too erect, lacks tip pressure throughout turns
- \* tendency to use upper body rotation at initiation, lacks edging through turn
- \* narrow stance, no angulation, skidded turns
- \* lacks pole use--- timing & placement
- \* does not maintain parallel skis, diverging tips i.e. – Too countered
- \* timing SR & MR look same