



**Observation Phase 1**

Describe the **path/track** of the board (width, shape, skidding/carving). **When** and **where** (phase of the turn). Is the **path/track** comparable from toe side to heelside?

Video 1	
Video 2	
Video 3	

**When** and **where** does the board displace snow? Is it similar in toe side and heel side turns?

Video 1	
Video 2	
Video 3	



Describe the balance of board performances present. Which dominates?

Video 1	
Video 2	
Video 3	

Describe the edge release and engagement.

Video 1	
Video 2	
Video 3	

Describe if, when, and where the board bends/twists (phase of turn & point along the length).

Video 1	
Video 2	
Video 3	



**Observation Phase 2 – Fundamentals**

1. Manage the board’s pivot through flexion/extension/rotation of lower body, together with, separate from, or in opposition to the upper body.

Video 1	
Video 2	
Video 3	

2. Manage edge angles through a combination of inclination and angulation.

Video 1	
Video 2	
Video 3	

3. Manage torsional flex of the board using independent or simultaneous flexion/extension of lower body joints.

Video 1	
Video 2	
Video 3	



**Observation Phase 2 – Fundamentals**

- 4. Manage the relationship of the CM to the base of support to direct pressure along the length of the board.

Video 1	
Video 2	
Video 3	

- 5. Manage the relationship of the CM to the base of support laterally to direct pressure across the width of the board.

Video 1	
Video 2	
Video 3	

- 6. Regulate the magnitude of pressure created through board/surface interaction.

Video 1	
Video 2	
Video 3	



**Evaluation - Phase 1**

Collaborate on relating observed fundamentals and observed board performance (cause/effect).

Video 1


Video 2


Video 3


**Evaluation - Phase 2**

Compare desired outcome to observed outcome - "Real vs Ideal".  
Is the desired outcome achieved?

Video 1


Video 2


Video 3




**Prescription**

Create a simple prescription that includes:

- The observed board performance.
- Desired board performance.
- Desired body movements.
- The Fundamental that the prescription addresses and how it addresses it, related to the desired board performance.

Video 1	
Video 2	
Video 3	