



PSIAASI

N O R T H W E S T

November Fall Training 2016 – Movement Analysis

Technical Team – Garth McPhie, Scott Weimer, Rick Lyons and Brad Jacobson

Observation Phase 1

Describe the **path/track** of the skis (width, shape, location of skidding/carving), along with **when** and **where** (phase of turn).

Video 1	
Video 2	
Video 3	

When and **where** does the snow spray from the skis?

Video 1	
Video 2	
Video 3	



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Describe the balance of skills 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 skis bend (phase of turn).

Video 1

Video 2

Video 3
