

Level III Alpine Assessment Activities						
Assessment Criteria	Activity	Terrain	Description	Ski Performance	Body Performance	Speed
Integrated Activities: Integrate the Technical Fundamentals through all turn phases to achieve prescribed ski performance						
The Common Threads	Both skis stay on the snow.					
	Ankles work in unison creating matching forward angles.					
	The skis are simultaneously guided to begin the turn.					
	A countered relationship is maintained through the transition between turns.					
	The legs flex and extend independent of each other to move the Center of Mass from turn to turn.					
Torso stability creates lower body mobility.						
Integrated Activities	Wedge Christie Turns	Steeper groomed green or easy groomed blue runs	Linked medium radius turns that begin in a gliding wedge and finish with a christie turn characterized by skis on corresponding edges in a skidded turn. The matching of skis from wedge to parallel in a christie, is the result of the inside ski's edge change occurring after the turn has begun and continued steering of both skis simultaneously. Turn shape is used to control speed while promoting glide.	-Turns are initiated by both skis being tipped and turned down the hill. The outside ski changes edges and the inside ski's edge angle decreases to nearly flat. The outside ski is steered into the turn at a faster rate and the skis open slightly after resulting in the skis being on opposing edges in a gliding wedge. -Through the steering phase, the inside ski changes edges as both skis are steered through the turn. The inside ski gradually matches the outside ski in a parallel relationship as the tips come apart and the skis come slightly closer together into a parallel hip width stance. -Both skis continue turning parallel through the skidded arc creating a christie turn.	-The wedge, christies, and natural matching are controlled by the relationship between the path of the Center of Mass and the path of the skis. -The Center of Mass is in between the skis during wedge portions of the turn. -The Center of Mass moves from between the skis to one side of both skis to assist with matching. -The Center of Mass is on one side of both skis during the christie portions of the turn. -The legs will slightly adduct during the wedge and abduct to create the christie. -Axes across the shoulders, hips, knees, and feet are parallel with each other during the christies.	Faster than a wedge turn, and slower than a basic parallel turn. Slow enough at initiation to require a wedge to establish the necessary early-turn balance. Fast enough through the shaping and finish phases to support a parallel turn.
	Basic Parallel Turns	Steeper groomed green or easy groomed blue runs	Linked medium radius skidded turns with parallel skis on corresponding edges. A pole touch is used to enhance rhythm, flow, and timing. The pole touch corresponds with the edge change. Turn shape is used to control speed while promoting glide and generating sufficient forces for the skier to initiate turns with parallel skis.	-Skis are steered to create controlled skidded turns. -Each ski leaves a track in the snow. -Skis are in a parallel relationship all of the time. -Skis have matching edge angles through all phases of the turn. -The skis are not displaced to create steering angles, edging angles, or skidding.	The Center of Mass crosses from one side of the skis to the other in the transition. Axes across the shoulders, hips, knees, and feet are parallel with each other through shaping and finish phases.	Faster than a Wedge Christie, but not as fast as a dynamic parallel turn. Fast enough to facilitate parallel edge change and turn entries, while allowing the ski to be steered through initiation, shaping, and finish.
	Dynamic Parallel Turns	Steep groomed blue or easy groomed black runs.	Linked high speed medium radius turns with parallel skis. The turn is carved, but is not railed or edge-locked. The skis are steered as needed to shape the turn for speed control without compromising the ski performance or glide. The pole touch is used to enhance rhythm, flow, and timing. It corresponds with the edge change.	-The skis leave two carved tracks in the snow; slight skidding may be apparent depending on the ski, snow, turn radius, and pitch of slope. Since it is not a railed or edge-lock turn, the track will be wider than those left by railroad track turns. -Skis are in a parallel relationship all of the time. -Skis have matching edge angles through all phases of the turn. -The skis are not displaced to create steering angles, edging angles, or skidding.	-The Center of Mass crosses from one side of the skis to the other in the transition. -Axes across the shoulders, hips, knees, and feet are parallel with each other through shaping and finish phases. -Pressure is actively directed to the outside ski for the initiation phase.	Faster than a Basic Parallel Turn and up to extreme speeds. This high speed produces the substantial forces necessary for maximum ski deformation and ski snow interaction, which drive dynamic turn execution.
	Assessment Criteria	Activity	Terrain	Description	Ski Performance	Body Performance
Individual activities: Adapt and blend each of the Technical Fundamentals as prescribed.						
Individual Activities	Whitepass	Blue to Gentle Black Terrain/Groomed Snow	A series of linked large radius turns done primarily on one ski. Beginning at turn initiation, the new outside ski is off the snow and the inside ski is on the inside edge. During the shaping phase, the outside ski is set down and both skis are briefly on the snow. Before the finishing phase the inside ski is lifted off the snow. The edge change happens while the skier is on the new inside ski. The turn begins on the inside edge of the inside ski.	-The ski changes its edge without twisting -Raised ski is relatively level to the snow -When the new outside ski returns to snow it bends from center -Ski track is more carved than steered	-Tipping movements originate in the lower leg -The body inclines to initiate the turn -The inside leg flexes to lift the ski. -The outside leg extends to return the ski to the snow -Angulation directs pressure to the outside ski	Control edge angles through a combination of inclination and angulation and Control pressure from ski to ski and direct pressure toward the outside ski
	Stem Christie	Green or gentle Blue Terrain/Groomed Snow	A series of linked medium radius turns where the new outside ski establishes its edge before the new inside ski decreases and releases its edge. The turn finishes with the skis parallel and skidding.	-New outside ski rotates, brushing the snow at an angle -Old downhill ski retains inside edge as new outside ski stems -Stemmed ski bends as new inside ski rotates, brushing the snow, creating a parallel relationship -Skis are parallel before the fall line -Both skis steer, leaving brushed tracks through turn completion	-The outside leg pushes or steps the upcoming outside ski into a wedge during the stem. -The Center of Mass and position of the upper body is largely undisturbed by the stemming of the ski. -The skier transfers weight to the new outside ski when the wedge is established. -The inside leg steers or steps to create a parallel relationship and the christie portion of the turn.	Control pressure from ski to ski and direct pressure toward the outside ski and Control the skis' rotation with leg rotation, separate from the upper body
	Outside ski turn	Blue to Gentle Black Terrain/Groomed Snow	Linked medium radius turns made on the outside ski.	-New inside ski is off snow prior to edge change and through all turn phases -Inside ski is approximately parallel to snow surface -Outside ski bends through all turn phases -Outside ski leaves brushed track in snow	-Flex inside leg to lift ski off the snow -Angulation creates balance on the outside ski -Flexion and extension of the joints is coordinated to maintain fore/aft balance -Rotate legs and edge ski(s) under a stable upper body	Control edge angles through a combination of inclination and angulation and Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis
	Hop Turns	Blue to Gentle Black Terrain/Groomed Snow	A series of linked turns during which the skis change edge and direction in the air.	-Skis leave the ground and rotate at the same time -Skis are close to parallel through take off, rotation, and landing -Pivot point is under the foot -Skis have the same edge angles and leave narrow tracks in the snow -Balance is over the downhill ski during landing/finish	-High intensity leg extension creates the hop and edge release -Counter rotation of the upper and lower body turns the skis while they are in the air -Legs flex to absorb the landing -The upper body is directed down the fall line/weight -A blocking pole plant is used to stabilize the upper body	Control the skis' rotation with leg rotation, separate from the upper body and Control the skis' rotation with leg rotation, separate from the upper body and Regulate the magnitude of pressure created through ski/snow interaction
	Javelin	Green or gentle Blue Terrain/Groomed Snow	A series of linked medium radius turns with the inside ski lifted off of the snow during the bottom half of the turn. During the shaping phase, the inside ski is lifted. The forebody of the outside ski steers under the forebody of lifted ski resulting in crossed skis. During turn transition, the inside ski sets down parallel to the outside ski then becomes the new outside ski.	-Angle of crossed skis is maintained from shaping through finish phase of turn -Lifted ski is approximately parallel to the slope -Outside ski leaves a round, brushed track in the snow	-The outside leg rotates under a stable upper body -The lifted inside leg is aligned with the direction of the upper body to create countered position -The lifting of the inside leg aids angulation -Upper/lower body separation is maintained through the finish of the turn	Control the skis' rotation with leg rotation, separate from the upper body and Control the skis' rotation with leg rotation, separate from the upper body and Regulate the magnitude of pressure created through ski/snow interaction
	Reverse Javelin	Green or gentle Blue Terrain/Groomed Snow	A series of linked medium radius turns during which the inside ski is lifted off of the snow in the top half of the turn. Prior to edge change, the new outside ski is weighted and the new inside skis lifted off the snow. The inside ski returns to snow just after the fall line. Both skis are on snow through the finish phase.	-While lifted, the Inside ski is rotated to align with the apex of the turn/the inside ski tail crosses the outside ski tail -The outside ski steers towards the fall line until the skis are parallel in the shaping phase -Outside ski leaves a round brushed track in the snow	-Lifting the inside leg directs pressure towards the outside ski -The outside foot/leg angulates to control edge angle -The legs steer under a stable upper body throughout the turn	Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis and Control the skis' rotation with leg rotation, separate from the upper body and Control the skis' rotation with leg rotation, separate from the upper body
	Pivot Slips	Blue to Gentle Black Terrain/Groomed Snow	Begin in a slip with skis perpendicular with the fall line. Rotate the skis 180° the opposite direction and slip. Repeat.	-Skis turn simultaneously at a consistent rate -Skis pivot under center of foot -Skis bend from the center	-The legs rotate under stable a upper body to rotate the skis -Angulation directs pressure towards the downhill foot while slipping -Flexion and extension of the legs is coordinated to remain in the center of the skis	Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis and Control the skis' rotation with leg rotation, separate from the upper body and Control the skis' rotation with leg rotation, separate from the upper body
	Short turn Leapers	Blue to Gentle Black Terrain/Groomed Snow	A series of round short radius turns, that are linked with the skis in the air.	-The edge change occurs while the skis are in the air -Both skis leave the snow and land at the same time -Skis are parallel to the snow surface during the leap -Skis steer more than carve, leaving a brushed track -Skis remain parallel	-The legs extend intensely and quickly to leap and flex to land softly -For takeoff, the legs rotate to realign with the upper body -The legs continue to rotate under a stable upper body after landing	Regulate the magnitude of pressure created through ski/snow interaction and Control edge angles through a combination of inclination and angulation
	Falling Leaf w/ edge change	Blue to Gentle Black Terrain/Groomed Snow	Begin by gliding parallel with the fall line. The skis are steered across the fall line until both pointing up the hill. With the skis pointing up the hill the skis slip down the hill and are steered back across the fall line until returning to parallel with the fall line. Change edges and repeat in the opposite direction.	-Ski remain parallel -Edge angle is constantly managed to ensure that the skis are always gliding or slipping. -Skis bend from the center	-The lower body controls edge angles -The legs flex and extend to manage pressure along the length of the ski and towards the outside ski	Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis and Control edge angles through a combination of inclination and angulation
Assessment Criteria	Activity	Terrain	Description	Ski Performance	Body Performance	
Versatility activities: Manage turn shape, turn size, and line as needed or prescribed in all skier zones.						
	Dynamic Short Radius Turns	Advanced Blue or Black Terrain/Groomed Snow	A series of round linked short turns that are as carved as possible. Turns occupy a corridor width of 1.5 groomer widths.	-Skis travel primarily forward through the arc of the turn/no lateral displacement -Skis change edges before turning -Skis are parallel with similar edge angles -Both skis bend most in shaping phase	-The feet and legs tip to direct pressure towards the new outside ski during initiation -The upper body is oriented down the fall line -Legs rotate under stable upper body	
	Short Swing Turns	Advanced Blue or Black terrain/Groomed Snow	A series of linked short radius turns with a flat turn shape. The speed is fast and consistent (doesn't accelerate). Turns happen within a corridor that is groomer widths wide.	-The skis steer together through the top half of the turn before creating edge grip -The skis bend most in the finish phase -Skis are parallel with similar edge angles	-The feet and legs tip to direct pressure towards the new outside ski during the bottom half of the turn. -The upper body is oriented down the fall line -Legs rotate under stable upper body	

Versatility Activities

Medium-Short-Medium	Advanced Blue or Black terrain/Groomed Snow	A series of linked round turns that alternate between medium and short radius. Speed is fast and remains consistent despite turn radius changes. The medium radius corridor is approximately 2 groomer widths. The short radius is approximately 1 groomer width.	-Tracks are as carved as possible. -Transitions between radius changes maintain speed -Skis edge and bend most in the shaping phase of all turns	-The feet and legs tip to direct pressure towards the new outside ski during initiation -The upper body is oriented down the fall line/in the direction of the apex of the coming turn -Legs rotate under stable upper body
Dynamic Long Radius Turns	Advanced Blue or Black terrain/Groomed Snow	A series of linked round large radius turns. A large radius corridor is approximately 3 groomer widths.	-Tracks are carved -Skis are parallel -Skis edge and bend most in shaping phase -Both skis tip similar amount throughout turn -Skis change edges before turning	-During initiation the feet and legs tip feet under a stable upper body to direct pressure towards the new outside ski -The upper body is aimed towards the apex of upcoming turn -Legs rotate under stable upper body -The body flexes and extends to keep the CoM over the BoS
Dynamic Short Turns (moguls)	Black terrain/Variable snow	A series of linked round short radius turns made in the moguls. Speed is controlled by managing turn shape, turn size and line. A majority of turns are oriented down the fall line.	-Skis travel primarily forward through the arc of the turn/minimal lateral displacement -Skis change edges before turning -Skis are parallel with similar edge angles -Both skis bend most in shaping phase	-The feet and legs tip to direct pressure towards the new outside ski during initiation -The upper body is oriented down the fall line -Legs rotate under stable upper body -The joints of the body flex and extend to optimize ski/snow contact
Short Swing Turns (moguls)	Black terrain/Variable snow	A series of linked short radius turns with a flat turn shape and emphasis on the finish made in the moguls. The speed is fast and consistent (doesn't accelerate). Turns happen within a corridor that is groomer widths wide.	-The skis steer together through the top half of the turn before creating edge grip -The skis bend most in the finish phase -Skis are parallel with similar edge angles	-The feet and legs tip to direct pressure towards the new outside ski during the bottom half of the turn. -The upper body is oriented down the fall line -Legs rotate under stable upper body -The joints of the body flex and extend to optimize ski/snow contact
Medium-Short-Medium (ungroomed)	Blue or gentle Black terrain/Variable Snow	A series of linked round turns alternating between medium and short radius. Speed is fast and consistent despite changes to the turn radius	-Skis travel primarily forward through the arc of the turn/no lateral displacement -Skis change edges before turning -Skis are parallel with similar edge angles -Both skis bend most in shaping phase	-The feet and legs tip to direct pressure towards the new outside ski during initiation -The upper body is oriented down the fall line -Legs rotate under stable upper body
Basic Parallel (moguls)	Blue or gentle Black terrain/Variable Snow	A series of linked round turns made in the moguls. Basic parallel speed is maintained by adjusting turn shape, size and line.	-Tracks are brushed and round -Skis steer (tip and turn at same time) -Skis remain in contact with snow	-The legs tip and rotate to shape turns. -Upper/lower body separation develops during the bottom half of the turn -Angulation directs pressure towards the outside foot -Flexion and extension are used to maintain fore/aft balance