

Level II Alpine Assessment Activities						
Assessment Criteria	Activity	Terrain	Description	Ski Performance	Body Performance	Speed
Integrated Activities: Integrate three or more of 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.					
Integrated Activities	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.					
	Wedge Turns	Easy Groomed Green Trails	Medium radius linked turns with the skis are in a gliding wedge relationship. Turn shape is used to promote gliding while maintaining a slow speed.	-Skis are wider than "hip-width stance." Width of wedge doesn't change. -Skis are turned toward each other with tips closer than tails. Distance between tips or tails doesn't change. -Skis are on opposing edges. Outside ski has a higher edge angle than inside ski during a turn. -The edge angle of the new inside ski is reduced to facilitate edge release. -Skis are steered to control turn shape. Skis leave skidded tracks.	-Legs are turned inward, and slightly tipped inwards to create wedge relationship. -The path of the Center of Mass travels in between the path of the feet. The Center of Mass doesn't cross to be on the left or right side of both feet at any time. -An athletic stance allows for skier to control steering of the skis and adjust turn shape as needed.	Slow enough to require the wedge platform to effectively establish and maintain balance throughout the turn.
	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.
Assessment Criteria	Activity	Terrain	Description	Ski Performance	Body Performance	Fundamental Focus
Individual activities: Manage each of the Technical Fundamentals as prescribed.						
Individual Activities	Railroad Track Turns	Green Terrain/Groomed Snow	A series of linked, carved turns. Turns fit within 1 groomer width.	-Tails follow tips to create carved ski performance -Skis stay the parallel and same distance apart -Both skis flatten and edge at the same rate, time, and for same duration	-Tipping movements and angulation originate in the lower body -Legs tip at the same time and rate -The Center of Mass stays over the Base of Support as the lower body moves to control edge angles	Control edge angles through a combination of inclination and angulation and/or Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis
	Skating - Down the Hill	Gentle Green Terrain/Groomed snow	Create forward momentum by stepping from ski to ski. Skis are angled away from each other and tipped to the edge to create grip	-One ski glides on outside edge, then tips to inside edge to create a platform to move from -Other (lifted) ski, returns to snow diverging from 1st ski with tails nearly crossing. 2nd ski glides on the outside edge as the 1st ski is lifted from the snow. -Lifting and gliding repeat to propel the skier down the hill	-Extend and move forward off inside edge to transfer weight to new gliding ski dynamically -Return unweighted foot alongside and diverging from the weighted foot -Flex joints while on new gliding ski to prepare for extension at weight transfer	Control pressure from ski to ski and direct pressure toward the outside ski and/or Control edge angles through a combination of inclination and angulation
	Crab Wedge Turn	Gentle Green Terrain/Groomed snow	A series of linked wedge turns created by increasing the edge angle of the outside ski only.	-A consistent wedge size is maintained throughout -The edge angle of the outside ski is higher than the inside ski and creates a narrow/carved track -The inside ski leaves a brushed track -Direction change is a result of ski design	-Edge angle is controlled by lower leg tipping and upper leg rotation. -The upper body is aligned toward the outside ski	Control edge angles through a combination of inclination and angulation and/or Control pressure from ski to ski and direct pressure toward the outside ski
	Diagonal Sideslip	Green or gentle Blue Terrain/Groomed snow	Begin with skis perpendicular to the fall line. Do a sideslip that moves diagonally across the fall line. Maintain a consistent rate of descent and a consistent corridor width. Repeat on the opposite side.	-Skis remain perpendicular to the fall line -Ski remain parallel -Both skis maintain similar edge angles relative to one another during the slip	-The upper body is aimed towards the downhill ski tip -Edge angles are controlled by tipping the legs and feet -The ankles have matching forward angles	Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis and/or Control edge angles through a combination of inclination and angulation
	Hockey Stop	Green or gentle Blue Terrain/Groomed snow	Begin gliding parallel with the fall line, pivot skis perpendicular to the fall line, hold a sideslip and end with a complete stop.	-Skis bend from center throughout assessment activity -Skis should remain parallel from start to finish	-Rotate legs at same time and rate separate from the upper body -Angulation supports edge control and lateral balance while the skis slow down and stop -Coordinate the flexion and extension of the joints to keep the COM over the BoS	Control the skis' rotation with leg rotation, separate from the upper body and/or Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis
	1000 Steps	Green or gentle Blue Terrain/Groomed snow	A series of linked large radius turns made while continuously stepping from ski to ski.	-Stepping occurs while the skis are on their edges leaving narrow tracks in the snow -Lifted ski is parallel to the snow -After the initial diverging step into a turn, the skis are mostly parallel to each other with minimal diverging -Stepping continues through the edge change.	-The Center of Mass remains over the BoS. -Coordinate the flexion and extension of the joints to balance over weighted foot -Flex/extend legs independently of each other to transfer weight from foot to foot	Control pressure from ski to ski and direct pressure toward the outside ski and/or Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis
	Stork Turns	Green or gentle Blue Terrain/Groomed snow	A series of linked large radius turns made on the outside ski. A pole touch occurs before the tail of the ski is lifted.	-Inside ski tip is on the snow and tail is lifted off the snow from mid-initiation through mid-finish phases -Outside ski bends through all turn phases -Outside ski leaves brushed track in snow	-Flex inside leg to raise tail of inside ski off snow -Angulate outside foot/leg to control edge angle -Rotate legs and tip ski(s) under a stable upper body -Coordinate the flexion and extension of the joints to balance over weighted foot	Control edge angles through a combination of inclination and angulation and/or Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis
	Falling Leaf	Blue Terrain/Groomed snow	Position the skis perpendicular to the fall line. Begin slipping down the hill, use subtle fore/aft weight shifts and steering movements to guide the skis forward and back within a corridor that is two groomer widths wide. The same ski remains on the downhill side. Repeat facing the opposite direction.	-Skis remain parallel and stay the same distance apart. -Skis bend from the center. -Pressure is directed toward the outside ski	-Legs rotate under a stable upper body -Lower body tipping movements and a stable upper body create angulation and balance over the downhill leg -Lower body fore/aft balance adjustments are made to adjust the forward or backward direction of the skis	Control pressure from ski to ski and direct pressure toward the outside ski and/or Control edge angles through a combination of inclination and angulation
Versatility Activities	Wedge Wiggles	Gentle Green Terrain/Groomed snow	A series of small pivots made with the skis in a wedge. Begins with the skis in a wedge and oriented parallel to the fall line.	-The skis maintain a very low edge angle -The skis turn simultaneously -The skis turn continuously -Skis bend from the center	-Legs steer under a stable upper body -Flexion and extension of the legs is coordinated to maintain balance in the center of the skis	Control the skis' rotation with leg rotation, separate from the upper body and/or 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 in beginner through easiest advanced zones.						
Versatility Activities	Short Radius Turn	Blue Terrain/Groomed snow	A series of linked short radius parallel turns. Turn shape, speed and rhythm are consistent. Speed is controlled with turn shape, not braking.	-Skis steer more than carve, leaving a brushed track -Turn shape is round -Skis are parallel in most turns -Width of skis stays consistent -Both skis steer towards the fall line at the same time and rate in most turns -Skis bend from the center in most turns -Skis maintain contact with the snow most of the time	-Turning comes from the legs and adjustments to the rate of leg turning are used to manage changes to turn shape, size and line. -Flexion and extension of the joints are coordinated to adjust fore/aft position and maintain balance -Angles in the body develop during the shaping phase of the turn to direct pressure towards the outside ski -Flexion and extension movements facilitate ski to snow contact	
	Short-Medium-Short	Blue Terrain/Groomed snow	A series of turns alternating between several short and several medium radius turns. The transitions between turn radius changes are linked.			
	Short radius w/ Lane Change	Blue Terrain/Groomed snow	A series of linked short radius turns that transition between 2 parallel corridors. Begin with 4-5 turns in a corridor that is about 1.5 groomer widths wide. Transition to the neighboring corridor and continue with 5 short radius turns. Repeat.			
	Funnel	Blue Terrain/Groomed snow	A series parallel of turns that progressively decrease in size. Begin with large and gradually reduce to short radius over 7 - 9 turns. End with a hockey stop.			
	Short Radius Turn	Blue/Gentle Black Terrain/Variable Snow	A series of linked short radius parallel turns. Turn shape, speed and rhythm are consistent. Speed is controlled with turn shape, not braking.			
	Short-Medium-Short	Blue/Gentle Black Terrain/Variable Snow	A series of turns alternating between several short and several medium radius turns. The transitions between turn radius changes are linked.			

V6	Short Radius w/ Lane Change	Blue/Gentle Black Terrain/Variable Snow	A series of linked short radius turns that transition between 2 parallel corridors. Begin with 4-5 turns in a corridor that is about 1.5 groomer widths wide. Transition to the neighboring corridor and continue with 5 short radius turns. Repeat.		
	Funnel	Blue/Gentle Black Terrain/Variable Snow	A series parallel of turns that progressively decrease in size. Begin with large and gradually reduce to short radius over 7 - 9 turns. End with a hockey stop.		