

# Central Division Certified Performance Evaluation – Alpine Skiing, Telemark Skiing, Riding (rev. 2019)

**Candidate:** \_\_\_\_\_

**Location:** \_\_\_\_\_

**Evaluators:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Terrain:** Slope selection will be most difficult terrain based on evaluation day conditions and appropriate to skills being demonstrated.

**Turns:** Candidates should demonstrate refined, predictable movement patterns as they direct their equipment, manage pressure and engage edges.

**Any turn, Anywhere, Anytime, in Any snow:** Candidates will demonstrate an expanded range of lateral and fore/aft turns.

**Candidates personal style** will be considered, as long as it does not detract from good skiing/riding fundamentals.

**Risk Management:** Evaluators and candidates will communicate any concerns regarding risk management. Strict communication will be maintained.

**Scoring:** (-) Does Not Meet Objectives (=) Meets Objectives (+) Exceeds Objectives

	Equipment		
	Alpine	Telemark	Riding
<b>Candidates will demonstrate the fundamentals of good on snow performance applicable to equipment being used.</b>			
<b>Principles common to all terrain</b>			
1a. Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis	X	X	
1b. Control the fore/aft relationship of the Center of Mass to the Base of Support to manage pressure along the active edge of the length of the board			X
2. Regulate the amount of pressure created through the ski-board/snow interaction with flexion and extension movements	X	X	X
3. Control Edge angles through a combination of Inclination and Angulation	X	X	
4. Control Rotary (turning/pivoting/steering) with Leg rotation separate from a stable upper body	X		X
5. Control Pressure from ski to ski as they direct pressure to the outside ski	X		
6. Control the lateral relationship of the Center of Mass to the Base of Support to manage pressure from ski to ski		X	
7. Control the turning of the skis with rotation of the feet and legs in conjunction with discipline in the upper body	X		
8. Control the size, duration, intensity rate and timing of the lead change to manage fore/aft stability		X	
9. Control edge angles through flexion, extension and inclination			X
10. Use torsional flex to begin rotation and to engage the new edge with progressive pressure throughout the turn			X

**Candidate:**

<b>Terrain specific principles for Groomed Slope Skiing / Riding</b>	<b>Alp</b>	<b>Tele</b>	<b>Ride</b>	
11. Connected and rounded turn shapes of varying sizes	X	X	X	
12. Consistent speed and control	X	X	X	
13. Pole touch if used, will compliment the turn in timing and direction of travel	X	X		
14. Parallel turns with simultaneous foot tipping/steering (skidding & carving acceptable), both feet remain in contact with the snow	X			
15. Parallel turns with simultaneous lead change (skidding & carving acceptable), both feet remain in contact with the snow		X		
16. Utilize "tele turns" with lead change for a majority of the run, as appropriate		X		
17. Confident switch riding ability.			X	
<b>Groomed Slope Performance: PASS OR FAIL (P) (F)</b>				

**Terrain specific principles for Steep Slope Skiing / Riding**

11. Rounded and connected short radius turns for a controlled fall line descent	X	X	X	
12. Pole touch if used, will compliment the turn in timing and direction of travel	X	X		
13. Parallel turns with simultaneous foot tipping/steering (skidding & carving acceptable), both feet remain in contact with the snow	X			
14. Parallel turns with simultaneous lead change (skidding & carving acceptable), both feet remain in contact with the snow		X		
15. Utilize "tele turns" with lead change for a majority of the run, as appropriate		X		
<b>Steep Slope Performance: PASS OR FAIL (P) (F)</b>				

**Terrain specific principles for Mogul Slope Skiing / Riding**

11. Connected turns for a controlled fall line descent	X	X	X	
12. Pole touch/plant that aides in stabilization and timing	X	X		
13. Parallel turns with simultaneous foot tipping/steering, both feet remain in contact with the snow	X			
<b>Mogul Slope Performance: PASS OR FAIL</b>				

**Terrain specific principles for Ungroomed Slope Skiing / Riding**

11. Connected turns for a controlled fall line descent	X	X	X	
12. Pole touch/plant that aides in stabilization and timing	X	X		
13. Parallel turns with simultaneous foot tipping/steering, both feet remain in contact with the snow	X			
<b>Ungroomed Slope Performance: PASS OR FAIL</b>				

**TO BE SUCCESSFUL CANDIDATE MUST PASS ON ALL FOUR  
(Groomed, Steep, Mogul and Ungroomed)**

**FINAL SCORE FOR ALPINE SKILLS EVALUATION: PASS or FAIL (P) (F)**