



ROCKY MOUNTAIN

Title

Precision Skiing 201 (Integrated Fundamentals Assessment Activities)

Duration

1 Day/ 6 CEU's

Learning Connection Highlight

Technical Skills

Course Description

This on-snow course is for Level 1 Certified instructors pursuing their Alpine Level 2 Certification. It's designed to help you train for the Integrated Fundamentals Assessment Activities in the Cert 2 Alpine Skiing Assessment. We will learn and apply the Common Threads that connect Wedge, Wedge Christie, Basic Parallel, and Dynamic Parallel Turns to create the Center Line. Expect to ski primarily on groomed green and blue terrain suitable to the Level 2 Skiing Assessment. Depending on conditions and learning experiences, the clinic may venture onto ungroomed terrain, including black diamonds.

Recommended Preparatory Learning or Prerequisites

- Precision Skiing 202 and/or 203
- Technical Foundations

Prerequisite Courses and Skills

- Level 1 Certification
- Safely ski green, blue, and black diamond trails.

Learning Outcomes

By the end of this clinic, successful participants will be able to:

- Demonstrate the common mechanics shared by Wedge, Wedge Christie, and Basic Parallel Turns using the Common Threads (both skis remain on the snow, ankles work in unison creating matching forward angles, skis are simultaneously guided to being the turn, a countered relationship is maintained through the finish of the turn, the legs flex and extend independent of each other to move the Center of Mass laterally from one turn to the other, pole use and position supports stability of the torso).
- Explain how the Common Threads relate to the skiing fundamentals and skiing skills.
- Make tactical choices that support effective demonstrations



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Learning Experiences

- Introduction to the Center Line Common Threads (both skis remain on the snow, ankles work in unison creating matching forward angles, skis are simultaneously guided to being the turn, a countered relationship is maintained through the finish of the turn, the legs flex and extend independent of each other to move the Center of Mass laterally from one turn to the other, pole use and position supports stability of the torso). Explore how they are evident in Wedge, Wedge Christie, and Basic Parallel Turns.
- Introduction to how the skiing skills have equal importance through the Center Line while changing the D.I.R.T. of the skills at each milestone.
- Practice Wedge Turns, Wedge Christie, and Basic Parallel turns to develop the ability to demonstrate the Common Threads of the Center Line.
- Explore other skiing tasks to emphasize movement patterns and/or aspects of the Common Threads to improve performance of Wedge, Wedge Christie and Basic Parallel Turns.
- Discuss and practice performance tactics for effective demonstrations.

Materials/Equipment Needed

- PSIA-RM Skiing IDP
- Alpine Performance Guide
- Level 2 Skiing Assessment Form
- Recommended Equipment Considerations
 - Tuned skis narrower than 98 mm underfoot
 - Alpine Ski Boots (Alpine Touring Boots are not recommended)