



**ROCKY MOUNTAIN**

## **Title**

Precision Skiing 203 (Versatility 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 Versatility Assessment Activities in the Cert 2 Alpine Skiing Assessment. This course will focus on how to intentionally adapt the skiing fundamentals, skill blends, and skiing tactics to vary turn shape, size, and line at different speeds in both groomed and ungroomed snow conditions. 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 201 and/or 202
- 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:

- Adapt fundamentals and intentionally leverage select skills (without neglecting the others) to demonstrate assessment activities from the Versatility Assessment Activities on the PSIA-RM Skiing IDP.
- Identify how application of fundamentals and/or skill blends are adapted to vary turn shape, size, and line in different skiing situations.
- Align skiing tactics for effective performance and demonstrations.



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### Learning Experiences

- Review the Center Line Common Threads (both skis remain on the snow, ankles work in unison creating matching forwards angles, skis are simultaneously guided to begin 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 turn to turn, and pole use and position supports the stability of the torso).
- Practice Versatility Assessment Activities from the PSIA-RM Skiing IDP. Practice variations within the Assessment Activities to enhance performance and understanding.
- Discuss technical topics as needed to clarify intentions.
- Identify tactics that enhance 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)