

# MOVEMENT PATTERNS AND CHARACTERISTICS OF ALPINE SKIERS BY LEVEL

**First Time** - Never skied before

## **Mountain Magic**

Skis Green terrain on Magic Carpet and/or Penny Complex.

- Can put on and take off skis.
- Can walk, side step and herringbone.
- Can stop by turning or increasing size of Wedge.
- Demonstrates slight changes in direction.
- Direction changes show little rhythm, flow or consistency.
- Shows little knowledge of turn shape to control speed.
- Can load/unload chair safely. If on carpet shows movement patterns that will soon allow introduction to chair riding.
- Shows willingness to learn.
- Knows Skier's Responsibility Code

## **Mountain Adventure**

Skis all Green terrain. Skis most Blue terrain depending on snow conditions.

- Glides with skis in a parallel position or small Wedge.
- Can stop by turning or with a hockey stop.
- Demonstrates turns which are "Z" shaped and/or somewhat round.
- Turns are starting to show rhythm, flow but lack consistency.
- Shows knowledge that direction changes control speed.
- Beginning to explore different turn shapes, terrain variations, freestyle moves, difficult snow conditions and racing.
- Shows desire to learn more.
- Knows Skier's Responsibility Code and uses it with a little coaching.

## **Mountain Excitement**

Skis all Blue terrain in all snow conditions. Skis all Black groomed terrain. Skis most Black terrain in difficult snow conditions.

- Glides with skis in a parallel position. Wedge is used only as a functional tool, e.g. in a lift line, turning in tight places, etc.
- Can stop with a hockey stop on command.
- Demonstrates turns which are round.
- Turns show rhythm and flow with consistency.
- Understands that turns are meant to change direction which by default controls speed. In other words, turns don't control speed - direction changes control speed. Totally different mindset – offensive vs defensive movement patterns.
- Can demonstrate different turn shapes at varying speeds.
- Becoming very proficient at skiing bumps, difficult snow conditions, freestyle moves and racing.
- Can load/unload all chairs safely and explain/demonstrate how to do so.
- Embraces the need for continual exploring/learning.
- Knows Skier's Responsibility Code and uses it consistently every run.