

### **Senior S & T Program objectives (revision copy)**

The Skiing component consists of long, medium and short radius turns as well as equipment carry and ski ability. The Toboggan component consists of Toboggan Skills and Patroller Skills. You must receive a 6 or higher in each category to pass.

- Control the relationship of the Center of Mass to the base of support to direct pressure along the length of the skis.
- Control pressure from ski to ski and direct pressure toward the outside ski.
- Control edge angles through a combination of inclination and angulation.
- Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body.
- Regulate the magnitude of pressure created through ski/snow interaction
- Maintains safe & consistent speed
- Demonstrates control
- Demonstrates linked turns or skill maneuvers Senior Telemark skiers can ski either Alpine or Telemark turns or a combination of the two Senior Snowboarders must demonstrate ability to ride switch (short, medium long radius turns only) Switch side is not scored

#### **Skiing Ski / Ride Ability**

Terrain: Most difficult, Crud, moguled

Performance Objectives:

1. Confidently demonstrates control
2. Confidently demonstrates linked turns or skill maneuvers
3. Demonstrates adaptability to terrain changes
4. Performs trail check and can verbalize terrain suitability for skiing public

Critical standard: Does the candidate demonstrate confidence in varying snow surfaces and terrain with a variety of turns and skill maneuvers?

#### **Equipment Carry**

Terrain: More-most difficult

Performance Objectives:

1. Confidently demonstrates control
2. Confidently demonstrates linked turns or skill maneuvers
3. Demonstrates adaptability to terrain changes
4. Equipment held or wrapped securely
5. Demonstrates awareness for trail merges and skiing public

Critical Standard: Does the candidate demonstrate confidence and ability in changing snow surfaces and terrain with a variety of turns and skill maneuvers?

#### **Long Radius Turns**

Terrain: Easy / More difficult

Performance Objectives:

1. Links turns with consistent size and rounded shape, measuring more than 30 feet
2. Carves turns with little skidding and no traversing
3. Demonstrates adaptability to terrain changes

Critical Standard: Does the candidate link turns with consistent size and shape greater than 30 feet with minimal skidding and no traversing?

## **Medium Radius Turns**

Terrain: More difficult

Performance Objectives:

1. Links turns with consistent size and rounded shape measuring between 15 and 30 feet
2. Carves turns with minimal skidding and no traversing.

Critical Standard: Does the candidate link turns with consistent size and shape between 15 and 30 feet with minimal skidding?

## **Short Radius Turns**

Terrain: More/most difficult, smooth

Performance Objectives:

1. Link Short Radius Turns
2. Maintains fall line decent
3. Carves turns with minimal skidding and no traversing
4. Links turns with consistent size and rounded shape, measuring no greater than 15 feet

Critical Standard: Does the candidate link turns with consistent size and shape measuring no greater than 15 feet with minimal skidding?

## **Toboggan Unloaded**

Terrain: moguled when available, most difficult

Performance Objectives:

1. Selects appropriate route
2. Uses short swing (modified) turns as appropriate
3. Demonstrates use of skill maneuvers as appropriate
4. Performs effective emergency stop, if asked
5. Ensures minimal slipping or bouncing of toboggan
6. Shows Awareness of trail merge & skiing public

Critical Standard: Does the candidate safely and efficiently control the toboggan to the accident site?

## **Toboggan Driving - Loaded**

Terrain: moguled when available, most difficult

Performance Objectives:

1. Selects appropriate route
2. Controls decent without abrupt starts and stops by either chain brake, skill maneuvers or both
3. Demonstrates use of skill maneuvers as appropriate
4. Effective communication (verbal and non-verbal) with patient and Tail Roper
5. Snowboarders can face uphill when positioned to toe side

Critical Standard: Does the candidate safely and effectively control the loaded toboggan while monitoring the patient?

## **Tail Rope - Loaded Toboggan**

Terrain: moguled when available, most difficult

Performance Objectives:

1. Strives for optimal and safest position behind the toboggan
2. Effectively manages the rope
3. Demonstrates use of skill maneuvers without interruption to the front operator
4. Anticipates the front operators direction changes and maneuvers
5. Assists with braking activity - either planned or for an emergency stop
6. Snowboarders should predominantly maintain a heel side orientation through entire demonstration - no transitions required or recommended.

Critical Standard: Does the candidate safely and effectively manage the tail rope, using appropriate skill maneuvers, while maintaining optimal position for braking or an emergency stop?

## **Snow Plow**

Terrain: moguled when available, most difficult

Performance Objectives:

1. Demonstrates consistent speed in all direction and terrain changes
2. Stops in a snowplow position (skiing) or with a hockey stop maneuver
3. Snowboarders will maintain heel side throughout entire demonstration

Critical standard: Does the candidate maintain effective movement by slipping the edge(s) without railing during terrain changes and performs a controlled stop at the end?

## **Sideslip**

Terrain: moguled when available

Performance Objectives:

1. Demonstrates effective use of edges
2. Demonstrates consistent speed
3. Snowboarders must show both heel and toe side skill

Critical Standard: Does the candidate maintain effective movement by slipping the edge(s) in either direction without traversing.

## **Transition Skill**

Terrain: Most / more difficult, moguled

Performance Objectives:

1. Maintain narrow fall line decent
2. Changes direction from a side slip maintaining a braking edge maneuver (not by turning)

Boarder specific: consistent speed during direction change going from one braking edge to other while spinning the board. (ATM180)

Critical Standard; Does the candidate maintain consistent speed with braking edge(s) on the snow while changing direction and not deviating from the "fall line" corridor?

## **Kick Turns**

Terrain: More difficult, smooth moguled

Performance Objectives:

1. Static direction change carried out by lifting and rotating one ski and then the other ski to match. Skier will end facing the opposite direction horizontal to the fall line. An alternate change of direction change may be performed by a quick "wedge and match" maneuver while maintaining a minimum fall line movement. Snowboarders may perform a "Jump Turn" or "ATM 180" while maintaining a Minimum fall line movement.

## **Equipment Carry**

Terrain: More difficult

Performance Objectives:

1. Demonstrates control
2. Adapts to terrain changes
3. Equipment held securely
4. Maintains awareness of trail merges and skiing public

Critical Standard: Does the candidate demonstrate confidence and ability in changing snow surfaces and terrain with a variety of turns and skill maneuvers?