

## Standards Doc – Defining Characteristics



The goal of this document is to define the measurable characteristics accessed within the NZSIA examination framework.

Level 1 - WEDGE TURN	CORE SKILLS	MASTERY	MARKING
<b>Tactical</b>	<ul style="list-style-type: none"> <li>Speed is controlled by guiding the skis through a steered round turn on the given terrain and snow conditions</li> <li>Speed is suitable to lead a class of wedge turn students</li> </ul>	<p><b>All of the time</b></p> <p><b>Most of the time</b></p> <p><b>Some of the time</b></p>	<p><b>8 – 10</b></p> <p><b>6 – 7</b></p> <p><b>1 – 5</b></p>
<b>Body Performance</b>	<ul style="list-style-type: none"> <li>Wedge is created and maintained through lateral and rotational movements of the legs, with the pivot point under the middle of the foot.</li> <li>Fore aft and vertical movements used to maintain balance over the middle of the foot</li> <li>Rotational movements originate solely in the legs and both legs are actively rotated</li> <li>Lateral balance towards outside ski occurs during turn completion</li> </ul>		
<b>Ski Performance</b>	<ul style="list-style-type: none"> <li><b>All Phases</b> - Consistent gliding wedge shape</li> <li><b>Initiation</b> - Gradual pressure changes from the old outside ski and towards new outside ski, becoming 50/50 around the end of initiation</li> <li><b>Control</b> - Edge angle and grip aid direction change. Edge angle is managed as slight pressure builds to the outside</li> <li><b>Completion</b> - Edge angle is released once sufficient speed control and direction change have been achieved.</li> </ul>		

<p><b>Characteristics of an exemplary performance</b></p> <ul style="list-style-type: none"> <li>A natural and relaxed stance</li> <li>Skis are continually turned at same rate through all phases</li> <li>Accurate timing and control of rotational movements to create rotational separation</li> <li>Flow between turns</li> <li>Vertical and Lateral movements are actively used</li> </ul>	<p><b>Characteristics of an unsatisfactory performance</b></p> <ul style="list-style-type: none"> <li>Inconsistent or no wedge</li> <li>Upper body used to turn skis</li> <li>Balance on inside ski</li> <li>Outside ski moved away from COG</li> <li>Pivot point of ski too far forward</li> <li>Outside ski is actively pressed on to create direction change</li> </ul>
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## Level 1 Skiing Standards

Level 1 Skiing	CORE SKILLS	MASTERY	MARKING
<b>Tactical</b>	<ul style="list-style-type: none"> <li>• Ski making parallel turns in a variety of sizes, on blue and green terrain</li> <li>• Ski making parallel turns on easy off piste</li> <li>• Turns should generally be round and speed controlled by a mixture of turn shape and skidding (terrain and speed dependent)</li> </ul>		
<b>Body Performance</b>	<ul style="list-style-type: none"> <li>• Fore Aft and Vertical movements are used to coordinate weight shift and balance over the middle of the new outside foot.</li> <li>• Rotational and lateral movement of the legs are used to release the edges</li> <li>• Maintains lateral balance during initiation while legs are rotated symmetrically into the new turn</li> <li>• Progressive use of rotational and lateral movements to develop grip and turn shape</li> <li>• Angulation is developed through the control phase</li> <li>• Pole swing and touch to aid timing and rhythm</li> <li>• Change rate of movements to create different turn sizes</li> <li>• Vertical movement to manage terrain changes</li> </ul>	<p><b>All of the time</b></p> <p><b>Most of the time</b></p> <p><b>Some of the time</b></p>	<p><b>8 – 10</b></p> <p><b>6 – 7</b></p> <p><b>1 – 5</b></p>
<b>Ski Performance</b>	<ul style="list-style-type: none"> <li>• <b>All Phases</b> - Skis remain parallel</li> <li>• <b>Completion/Initiation</b> - New outside ski is balanced on as the edges release</li> <li>• <b>Initiation</b> - Both skis steer out of the previous turn to aid the release of the edges - Both skis are flattening through initiation</li> <li>• <b>Control</b> - Edge angle of both skis should increase to develop grip as the skis are actively steered. - Pressure should build and be predominantly on the outside ski</li> <li>• <b>Completion</b> - Edge angle is released once sufficient speed control and direction change have been achieved</li> </ul>		

<p><b>Characteristics of an exemplary performance</b></p> <ul style="list-style-type: none"> <li>• An athletic stance through all phases</li> <li>• Skis are continually turned at same rate through all phases</li> <li>• Accurate timing and control of rotational movements to create rotational separation</li> <li>• Edge angle and grip aid direction change</li> <li>• Transition between turns that shows flow</li> <li>• Ability to use a high level of ski performance while maintaining corridor and speed control</li> <li>• Confident and comfortable performance in off piste varied terrain</li> </ul>	<p><b>Characteristics of an unsatisfactory performance</b></p> <ul style="list-style-type: none"> <li>• Full body inclination to change edges</li> <li>• Upper body used to turn skis</li> <li>• Balance on inside ski</li> <li>• Inability to create grip</li> <li>• Outside ski moved away from CoG</li> <li>• Inappropriate speed to create desired ski performance</li> <li>• Inability to link turns off piste</li> <li>• Inability to change radius</li> </ul>
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Level 2 - WEDGE TURN	CORE SKILLS	MASTERY	MARKING
<b>Tactical</b>	<ul style="list-style-type: none"> <li>Speed is controlled by guiding the ski through a steered round turn on the given terrain and snow conditions</li> <li>Speed is suitable to lead a class of wedge turn students</li> <li>Slight speed and terrain increase from Level 1 Wedge Turns</li> </ul>		
<b>Body Performance</b>	<ul style="list-style-type: none"> <li>Wedge is created and maintained through lateral and rotational movements of the legs</li> <li>Fore aft and vertical movements are used to maintain balance over the middle of the foot</li> <li>Blend of rotational and lateral movements are used to balance on both skis during initiation and into control</li> <li>Blend of rotational and lateral movements to balance towards outside ski out of control and into completion</li> <li>Use of extension to aid release and to re-centre</li> <li>Use of flexion to manage pressure and to strengthen rotational movement</li> </ul>	<p><b>All of the time</b></p> <p><b>Most of the time</b></p> <p><b>Some of the time</b></p>	<p><b>8 – 10</b></p> <p><b>6 – 7</b></p> <p><b>1 – 5</b></p>
<b>Ski Performance</b>	<ul style="list-style-type: none"> <li><b>All Phases</b> - Consistent gliding wedge shape</li> <li><b>Initiation</b> - Gradual pressure changes from the old outside ski and towards new outside ski, becoming 50/50 around the end of initiation</li> <li><b>Control</b> - Edge angle and grip aid direction change, Edge angle is managed as pressure continues to build to the outside</li> <li><b>Completion</b> - Edge angle is released once sufficient speed control and direction change have been achieved.</li> </ul>		

<p><b>Characteristics of an exemplary performance</b></p> <ul style="list-style-type: none"> <li>A natural and relaxed stance</li> <li>Skis are continually turned at same rate through all phases</li> <li>Accurate timing and control of rotational movements to create rotational separation.</li> <li>Transition between turns that shows flow</li> <li>Vertical and Lateral movements are used accurately and are blended with other movements</li> </ul>	<p><b>Characteristics of an unsatisfactory performance</b></p> <ul style="list-style-type: none"> <li>Inconsistent or no wedge</li> <li>Upper body used to turn skis</li> <li>Balance on inside ski</li> <li>Outside ski moved away from COG</li> <li>Pivot point of ski too far forward</li> <li>Overly exaggerated lateral balance and/or rotational separation</li> <li>Vertical movement is nonexistent or badly timed</li> </ul>
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Level 2 - WEDGE PARALLEL	CORE SKILLS	MASTERY	MARKING
<b>Tactical</b>	<ul style="list-style-type: none"> <li>Speed is controlled by guiding the ski through a steered round turn on the given terrain and snow conditions</li> <li>Speed is suitable to lead a class of wedge parallel turn students</li> <li>Speed is appropriate to allow skis to match below the fall-line</li> </ul>		
<b>Body Performance</b>	<ul style="list-style-type: none"> <li>Fore aft and vertical movements are used to maintain balance over the middle of the foot</li> <li>Vertical and lateral movement of the legs are used to release the edges</li> <li>Rotation of both legs - outside leg turns faster to create wedge.</li> <li>Balance on outside ski above or at fall line - angulation is developed through the control phase</li> <li>Rotational movement of the inside leg to create a parallel completion</li> <li>Use of flexion to aid blend of rotational and lateral movements to balance on the outside ski through turn completion</li> </ul>	<p><b>All of the time</b></p> <p><b>Most of the time</b></p> <p><b>Some of the time</b></p>	<p><b>8 – 10</b></p> <p><b>6 – 7</b></p> <p><b>1 – 5</b></p>
<b>Ski Performance</b>	<ul style="list-style-type: none"> <li><b>Initiation</b> - Both skis steer into the new turn - New outside ski is steered faster to create the wedge</li> <li><b>Control</b> - Greater momentum allows pressure to build to outside ski early in control phase - Edge angle and grip aid direction change, Edge angle is managed as pressure continues to build to the outside - Inside ski becomes flatter to the snow - Inside ski is rotated to parallel towards the end of control phase</li> <li><b>Completion</b> - Skis are parallel - Edge angle is released once sufficient speed control and direction change have been achieved</li> </ul>		

<p><b>Characteristics of an exemplary performance</b></p> <ul style="list-style-type: none"> <li>A natural and relaxed stance</li> <li>Turn shape is maintained while creating wedge</li> <li>Accurate timing and control of rotational movements to create rotational separation</li> <li>Matching of inside ski has no effect on turn shape</li> <li>Transition between turns that shows flow</li> <li>Path of CoG is accurately controlled to achieve the outcome</li> </ul>	<p><b>Characteristics of an unsatisfactory performance</b></p> <ul style="list-style-type: none"> <li>Breaking wedge or no wedge in initiation</li> <li>Upper body used to turn skis</li> <li>Balance on inside ski</li> <li>Outside ski moved away from COG</li> <li>Inside leg is adducted not rotated to create parallel</li> <li>Outside ski stops turning</li> <li>Parallel relationship not created</li> <li>Diverging skis in completion</li> </ul>
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Level 2 - PARALLEL	CORE SKILLS	MASTERY	MARKING
<b>Tactical</b>	<ul style="list-style-type: none"> <li>● Speed is controlled through turn shape on the given terrain and snow conditions</li> <li>● Speed is suitable to lead a class of basic parallel students</li> <li>● Speed is appropriate to allow a parallel initiation</li> </ul>		
<b>Body Performance</b>	<ul style="list-style-type: none"> <li>● Fore Aft and Vertical movements are used to coordinate weight shift and balance over the middle of the new outside foot</li> <li>● Vertical and lateral movement of the legs are used to release the edges</li> <li>● Lateral balance maintained during initiation while legs are rotated symmetrically into the new turn</li> <li>● Progressive use of rotational and lateral movements to develop grip and turn shape</li> <li>● Angulation is developed through the control phase</li> <li>● Pole swing and touch to aid timing and rhythm</li> </ul>	<p><b>All of the time</b></p> <p><b>Most of the time</b></p> <p><b>Some of the time</b></p>	<p><b>8 – 10</b></p> <p><b>6 – 7</b></p> <p><b>1 – 5</b></p>
<b>Ski Performance</b>	<ul style="list-style-type: none"> <li>● <b>All Phases</b> - Skis remain parallel</li> <li>● <b>Completion/Initiation</b> - New outside ski is balanced on as the edges release</li> <li>● <b>Initiation</b> - Both skis steer out of the previous turn to aid the release of the edges <ul style="list-style-type: none"> <li>- Both skis are flattening and new edges are engaged through initiation</li> </ul> </li> <li>● <b>Control</b> - Edge angle of both skis should increase to develop grip as the skis are actively steered. <ul style="list-style-type: none"> <li>- Pressure should build and be predominantly on the outside ski</li> </ul> </li> <li>● <b>Completion</b> - Edge angle is released once sufficient speed control and direction change have been achieved</li> </ul>		

<p><b>Characteristics of an exemplary performance</b></p> <ul style="list-style-type: none"> <li>● An athletic stance through all phases</li> <li>● Skis are continually turned at same rate through all phases</li> <li>● Accurate timing and control of rotational movements to create rotational separation</li> <li>● Edge angle and grip aid in direction change</li> <li>● Accurate independent vertical movements of the legs</li> <li>● Transition between turns that shows flow from control phase to control phase</li> </ul>	<p><b>Characteristics of an unsatisfactory performance</b></p> <ul style="list-style-type: none"> <li>● Full body inclination to change edges</li> <li>● Upper body used to turn skis</li> <li>● Balance on inside ski</li> <li>● Skis moved away from COG</li> <li>● Fore Aft balance is not maintained</li> <li>● No or mis-timed pole swing and touch</li> <li>● Skis not parallel</li> </ul>
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Level 2 – FREE RUN	CORE SKILLS	MASTERY	MARKING
Tactical	<ul style="list-style-type: none"> <li>● Line choice that adjusts to the terrain and has rhythm and flow</li> <li>● Speed is controlled through turn shape on the given terrain and snow conditions</li> <li>● Speed is appropriate to allow a parallel initiation</li> <li>● Turn radius that highlights a 3 phase turn</li> </ul>		
Body Performance	<ul style="list-style-type: none"> <li>● Fore Aft and Vertical movements are used to coordinate weight shift and balance over the middle of the new outside foot.</li> <li>● Vertical and lateral movement of the legs are used to release the edges</li> <li>● Lateral balance maintained during initiation while legs are rotated symmetrically into the new turn</li> <li>● Progressive use of rotational and lateral movements to develop grip and turn shape</li> <li>● Angulation is developed through the control phase</li> <li>● Vertical movement used to manage forces and to facilitate adjustments to manage terrain</li> <li>● Choice of Pole swing and touch or Pole plant, dependent on speed and terrain, to aid timing and rhythm</li> </ul>	<p><b>All of the time</b></p> <p><b>Most of the time</b></p> <p><b>Some of the time</b></p>	<p><b>8 – 10</b></p> <p><b>6 – 7</b></p> <p><b>1 – 5</b></p>
Ski Performance	<ul style="list-style-type: none"> <li>● <b>All Phases</b> - Skis remain parallel - Ski to snow contact is controlled</li> <li>● <b>Completion/Initiation</b> - New outside ski is balanced on as the edges release</li> <li>● <b>Initiation</b> - Both skis steer out of the previous turn to aid the release of the edges - Both skis are flattening and new edges are engaged through initiation</li> <li>● <b>Control</b> - Edge angle of both skis should increase to develop grip as the skis are actively steered. - Pressure should build and be predominantly on the outside ski</li> <li>● <b>Completion</b> - Edge angle is released once sufficient speed control and direction change have been achieved</li> </ul>		

<p><b>Characteristics of an exemplary performance</b></p> <ul style="list-style-type: none"> <li>● An athletic stance, through all phases, that adapts to changes in terrain</li> <li>● Skis are continually turned at same rate through all phases</li> <li>● Accurate timing and control of rotational movements to create rotational separation</li> <li>● Edge angle and grip aid in direction change</li> <li>● Accurate independent vertical movements of the legs</li> <li>● Transition between turns that shows flow from control phase to control phase</li> </ul>	<p><b>Characteristics of an unsatisfactory performance</b></p> <ul style="list-style-type: none"> <li>● Full body inclination to change edges</li> <li>● Upper body used to turn skis</li> <li>● Balance on inside ski</li> <li>● Skis moved away from COG</li> <li>● Fore Aft balance is not maintained</li> <li>● No or mis-timed pole swing and touch or pole plant</li> <li>● Skis not parallel</li> </ul>
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LEVEL 2 SHORT TURNS	CORE SKILLS	MASTERY	MARKING
<b>Tactical</b>	<ul style="list-style-type: none"> <li>Speed is controlled by guiding the skis through a steered round turn on the given terrain and snow conditions</li> <li>Turns are round and within a 4m corridor</li> </ul>	<b>All of the time</b>	<b>8 – 10</b>
<b>Body Performance</b>	<ul style="list-style-type: none"> <li>Fore Aft and Vertical movements are used to coordinate weight shift and balance over the middle of the new outside foot.</li> <li>Vertical and lateral movement of the legs are used to release the edges.</li> <li>Maintains lateral balance during initiation while legs are rotated symmetrically into the new turn</li> <li>Progressive use of rotational and lateral movements to develop grip and turn shape</li> <li>Angulation is developed through the control phase</li> <li>Pole swing and touch or Pole plant, dependent on speed and terrain, to aid timing and rhythm</li> </ul>		
<b>Ski Performance</b>	<ul style="list-style-type: none"> <li><b>All Phases</b> - Skis remain parallel</li> <li><b>Completion/Initiation</b> - New outside ski is balanced on as the edges release</li> <li><b>Initiation</b> - Both skis steer out of the previous turn to aid the release of the edges <ul style="list-style-type: none"> <li>Both skis are flattening and the new edges are engaged through initiation</li> </ul> </li> <li><b>Control</b> - Edge angle of both skis should increase to develop grip as the skis are actively steered. <ul style="list-style-type: none"> <li>Pressure should build and be predominantly on the outside ski</li> </ul> </li> <li><b>Completion</b> - Edge angle is released once sufficient speed control and direction change have been achieved</li> </ul>		
		<b>Some of the time</b>	<b>1 – 5</b>

<p><b>Characteristics of an exemplary performance</b></p> <ul style="list-style-type: none"> <li>An athletic stance through all phases</li> <li>Skis are continually turned at same rate through all phases</li> <li>Accurate timing and control of rotational movements to create rotational separation</li> <li>Edge angle and grip aid direction change</li> <li>Transition between turns that shows flow</li> <li>Ability to use a high level of ski performance while maintaining corridor and speed control</li> </ul>	<p><b>Characteristics of an unsatisfactory performance</b></p> <ul style="list-style-type: none"> <li>Full body inclination to change edges</li> <li>Upper body used to turn skis</li> <li>Balance on inside ski</li> <li>Inability to create grip</li> <li>Inappropriate speed to create desired ski performance</li> <li>Inability to maintain corridor</li> <li>Skis moved away from COG</li> <li>Fore Aft balance is not maintained</li> <li>No or mis-timed pole swing and touch or pole plant</li> <li>Skis not parallel</li> </ul>
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LEVEL 2 DYNAMIC MEDIUM	CORE SKILLS	MASTERY	MARKING
<b>Tactical</b>	<ul style="list-style-type: none"> <li>Speed is maintained through turn shape on the given terrain and snow conditions</li> <li>Turn radius that highlights a 3 phase turn</li> </ul>	<p><b>All of the time</b></p> <p><b>Most of the time</b></p> <p><b>Some of the time</b></p>	<p><b>8 – 10</b></p> <p><b>6 – 7</b></p> <p><b>1 – 5</b></p>
<b>Body Performance</b>	<ul style="list-style-type: none"> <li>Fore Aft and Vertical movements are used to coordinate weight shift and balance over the middle of the new outside foot.</li> <li>Vertical and lateral movement of the legs are used to release the edges.</li> <li>Maintains lateral balance during initiation while legs are rotated symmetrically into the new turn</li> <li>Progressive use of rotational and lateral movements to develop grip and turn shape</li> <li>Angulation is developed through the control phase</li> <li>Vertical movement used to manage forces through completion</li> <li>Pole swing and touch to aid timing and rhythm</li> </ul>		
<b>Ski Performance</b>	<ul style="list-style-type: none"> <li><b>All Phases</b> - Path of tail should follow the tip</li> <li><b>Completion/Initiation</b> - New outside ski is balanced on as the edges release</li> <li><b>Initiation</b> - Some grip and pressure should start to build to the outside ski</li> <li><b>Control</b> - Obvious increase in edge angle with little or no rotation of the skis <ul style="list-style-type: none"> <li>Edge angle continues to build until the desired direction has been achieved</li> </ul> </li> <li><b>Completion</b> - Edge angle should be released as the skis continue on the path and direction that was created in the control phase</li> </ul>		

<p><b>Characteristics of an exemplary performance</b></p> <ul style="list-style-type: none"> <li>An athletic stance through all phases</li> <li>Skis are continually turned at same rate through all phases</li> <li>Accurate timing and control of rotational movements to create rotational separation</li> <li>Edge angle and grip aid direction change</li> <li>Transition between turns that shows flow</li> <li>Ability to use a high level of ski performance while maintaining corridor and speed control</li> </ul>	<p><b>Characteristics of an unsatisfactory performance</b></p> <ul style="list-style-type: none"> <li>Full body inclination to change edges</li> <li>Upper body used to turn skis</li> <li>Balance on inside ski</li> <li>Inability to create grip</li> <li>Skis moved away from CoG</li> <li>Inappropriate speed to create desired ski performance</li> <li>Inability to maintain corridor</li> <li>Fore Aft balance is not maintained</li> <li>No or mis-timed pole swing and touch</li> <li>Skis not parallel</li> </ul>
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LEVEL 3 DYNAMIC MEDIUM	CORE SKILLS	MASTERY	MARKING
<b>Tactical</b>	<ul style="list-style-type: none"> <li>• Speed is increased relative to a Level 2 Dynamic medium radius turn</li> <li>• Slope angle is steeper relative to a Level 2 Dynamic medium radius turn</li> <li>• Speed is maintained through turn shape on the given terrain and snow conditions</li> <li>• Turn radius that highlights a 3 phase turn</li> </ul>	<p><b>All of the time</b></p> <p><b>Most of the time</b></p> <p><b>Some of the time</b></p>	<p><b>7 – 10</b></p> <p><b>5 – 6</b></p> <p><b>1 – 4</b></p>
<b>Body Performance</b>	<ul style="list-style-type: none"> <li>• Fore Aft and Vertical movements are used to coordinate weight shift and balance over the middle of the new outside foot.</li> <li>• Vertical and lateral movement of the legs are used to release the edges.</li> <li>• Maintains lateral balance during initiation while legs are rotated symmetrically into the new turn</li> <li>• Progressive use of rotational and lateral movements to develop grip and turn shape</li> <li>• Angulation is developed through the control phase</li> <li>• Vertical movement used to manage forces through completion</li> <li>• Pole swing and touch to add timing</li> </ul>		
<b>Ski Performance</b>	<ul style="list-style-type: none"> <li>• <b>All Phases</b> - Path of tail follows the tip</li> <li>• <b>Completion/Initiation</b> - New outside ski is balanced on as the edges release</li> <li>• <b>Initiation</b> - grip and pressure starts to build to the outside ski</li> <li>• <b>Control</b> - obvious increase in edge angle with little or no rotation of the skis <ul style="list-style-type: none"> <li>- Edge angle continues to build until the desired direction has been achieved</li> </ul> </li> <li>• <b>Completion</b> - Edge angle released as the skis continue on the path and direction that was created in the control phase</li> </ul>		

<p><b>Characteristics of an exemplary performance</b></p> <ul style="list-style-type: none"> <li>• An athletic stance through all phases</li> <li>• Skis are continually turned at same rate through all phases</li> <li>• Accurate timing and control of rotational movements to create rotational separation</li> <li>• Edge angle and grip aid direction change</li> <li>• Transition between turns that shows flow</li> <li>• Ability to use an excellent level of ski performance while maintaining corridor and speed control</li> </ul>	<p><b>Characteristics of an unsatisfactory performance</b></p> <ul style="list-style-type: none"> <li>• Full body inclination to change edges</li> <li>• Upper body used to turn skis</li> <li>• Balance on inside ski</li> <li>• Inability to create grip</li> <li>• Skis moved away from CoG</li> <li>• Inappropriate speed to create desired ski performance</li> <li>• Inability to maintain corridor</li> <li>• Fore Aft balance is not maintained</li> <li>• No or mis-timed pole swing and touch</li> <li>• Skis not parallel</li> </ul>
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LEVEL 3 DYNAMIC SHORT	CORE SKILLS	MASTERY	MARKING
<b>Tactical</b>	<ul style="list-style-type: none"> <li>● Speed is increased relative to a Level 2 short radius turn</li> <li>● Slope angle is steeper relative to a Level 2 short radius turn</li> <li>● Turns are round and within a 4m corridor</li> <li>● Speed is maintained through turn shape</li> <li>● Turn radius that highlights a 3 phase turn</li> </ul>		
<b>Body Performance</b>	<ul style="list-style-type: none"> <li>● Fore Aft and Vertical movements are used to coordinate weight shift and balance over the middle of the new outside foot.</li> <li>● Release edges through rotational and lateral movement of the legs.</li> <li>● Maintains lateral balance during initiation while legs are rotated symmetrically into the new turn</li> <li>● Progressive use of rotational and lateral movements to develop grip and turn shape</li> <li>● Angulation is developed through the control phase</li> <li>● Vertical movement used to manage forces through completion</li> <li>● Choice of pole swing and touch or pole plant, speed or terrain dependent, to add timing</li> </ul>	<p><b>All of the time</b></p> <p><b>Most of the time</b></p> <p><b>Some of the time</b></p>	<p><b>7 – 10</b></p> <p><b>5 – 6</b></p> <p><b>1 – 4</b></p>
<b>Ski Performance</b>	<ul style="list-style-type: none"> <li>● <b>Initiation</b> - grip and pressure should start to build to the outside ski</li> <li>● <b>Completion/Initiation</b> - New outside ski is balanced on as the edges release</li> <li>● <b>Control</b> - obvious increase in edge angle with little or no rotation of the ski - Edge angle and pressure continues to build until the desired direction has been achieved</li> <li>● <b>Completion</b> - Edge angle should be released as the skis continue on the path and direction that was created in the control phase</li> </ul>		

<p><b>Characteristics of an exemplary performance</b></p> <ul style="list-style-type: none"> <li>● An athletic stance through all phases</li> <li>● Skis are continually turned at same rate through all phases</li> <li>● Accurate timing and control of rotational movements to create rotational separation</li> <li>● Edge angle and grip aid direction change</li> <li>● Transition between turns that shows flow</li> <li>● Ability to use an excellent level of ski performance while maintaining corridor and speed control</li> </ul>	<p><b>Characteristics of an unsatisfactory performance</b></p> <ul style="list-style-type: none"> <li>● Full body inclination to change edges</li> <li>● Upper body used to turn skis</li> <li>● Balance on inside ski</li> <li>● Inability to create grip</li> <li>● Skis moved away from CoG</li> <li>● Inappropriate speed to create desired ski performance</li> <li>● Inability to maintain corridor</li> <li>● Fore Aft balance is not maintained</li> <li>● No or mis-timed pole swing and touch or pole plant</li> <li>● Skis not parallel</li> </ul>
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