

S&T Objectives

The Skiing Skills 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. Each of these sections is broken down into sub-components. This can serve as a foundation and guideline for S & T Events

Performance Objectives apply to all components

1. Maintains BALANCE, ski or rides with stability
2. Demonstrates effective use of EDGES
3. Uses ROTARY movements to steer skis or board at appropriate point of turn or maneuver
4. Applies effective PRESSURE throughout the turn or skill maneuver
5. Maintains consistent speed
6. Demonstrates control
7. Demonstrates linked turns or skill maneuvers
8. Senior Telemark skiers can ski either Alpine or Telemark turns or a combination of the two
9. Senior Snowboarders must demonstrate ability to ride switch (short, medium long radius turns only) not scored.

Trainer Evaluator Teaching Performance

Terrain: Suitable for teaching and evaluating Senior level performance and must be able to be identified on the hill

Performance Objectives:

Demonstrates understand and can apply B.E.R.P., P.I.S.E., A.D.A.P.T.

Demonstrates the ability to detect errors and provide correction

Clearly states objectives

Ability to develop positive learning environment

Trainer Evaluator Evaluation Skill

Performance Objectives:

Demonstrates understanding of scoring system (1 - 10)

Ability to deliver score to candidate.

Appropriate feedback using P.I.S.E.



Eastern Division Ski & Toboggan Objectives

Group _____

Location _____

Date _____

Evaluator _____

