

FUNDAMENTALZ SKILLS REPORT

Skier:
Coach:
Club:
Date:
COACHES CHECK ALL BOXES THAT ATHLETES HAVE ACHIEVED!

SKILLS	Learning...	You Did It!	Stomped!
SKIING			
Freeskiing	Balanced Parallel Skier – can hop in all points of the turn <input type="checkbox"/>	Initiates the turn with lower body and weights the outside ski <input type="checkbox"/>	Carves ski edge through most of the turn with steady timing <input type="checkbox"/>
Skiing Switch	Basic switch wedge turns on green runs <input type="checkbox"/>	Switch skiing parallel in some of the turn on blue terrain <input type="checkbox"/>	Switch parallel turns on blue terrain <input type="checkbox"/>
Spinning on Snow	180's on snow <input type="checkbox"/>	360's on snow <input type="checkbox"/>	Surface buttering on the flats <input type="checkbox"/>
Skiing with Control	Taps ski through all phases of the turn <input type="checkbox"/>	Skis varied conditions (ice/powder/or chopped snow) <input type="checkbox"/>	Use turn shape to control speed on blue or black terrain <input type="checkbox"/>
Coach Comments: Skiing	Skiing skills you are doing well:		
	What to work on next:		

MOGULS			
Moguls Stance on Groomed Terrain	Shows moguls stance off skis <input type="checkbox"/>	Shows moguls stance medium radius turns on green/blue groomed terrain <input type="checkbox"/>	Short radius turns with mogul body position on blue terrain <input type="checkbox"/>
Absorption and Stance	Working on stance and absorption in very easy green moguls <input type="checkbox"/>	Good absorption with lower body and shows moguls stance in roller tank <input type="checkbox"/>	Good absorption with lower body and shows mogul stance in easy green moguls <input type="checkbox"/>
Coach Comments: Moguls	Moguls skills you are doing well:		
	What to work on next:		

Continue to Jumping and Terrain Park Report

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Skier: _____

COACHES CHECK ALL BOXES THAT ATHLETES HAVE ACHIEVED!

SKILLS	Learning...	You Did It!	Stomped!
JUMPING			
Take-off	Partially extends off x-small jump with inconsistent balance <input type="checkbox"/>	Mostly extends off small jump, maintains more consistent balance <input type="checkbox"/>	Fully extends of small jump, maintains balance <input type="checkbox"/>
Spinning	Has attempted a 180° in one direction off an x-small jump <input type="checkbox"/>	180° in both directions off an x-small or small jump <input type="checkbox"/>	180° spinning both directions with confident lift and switch skiing out <input type="checkbox"/>
Air and Landing	Working on balance in air and landing, trying spread eagle and/or tuck jump <input type="checkbox"/>	Balanced and controlled in the air, trying single upright tricks and/or grabs, working on consistent balance on landing <input type="checkbox"/>	Confident lift on take-off, and clean upright tricks and/or grabs with balanced landings <input type="checkbox"/>
Coach Comments: Jumping	Air skills you are doing well:		
	Air Skills to work on next:		

TERRAIN PARK			
Safety	Some awareness of Terrain Park Etiquette and safety <input type="checkbox"/>	Awareness of Terrain Park Etiquette, needs to work on managing terrain and flow safely <input type="checkbox"/>	Consistent awareness of Terrain Park Etiquette and manages terrain and flow safely <input type="checkbox"/>
Boxes	Can ride a box straight, attempting sideways with a spotter <input type="checkbox"/>	Can confidently ride a box straight, and is attempting sideways <input type="checkbox"/>	Can ride a box sideways with control and strong exit skills <input type="checkbox"/>
Wall features	Rides up wall and skis down in control <input type="checkbox"/>	Rides up wall and 180° turn in air and may be attempting Alley-Oop <input type="checkbox"/>	Rides wall with good use of edges, 180° turns and/or Alley-Oops with proper timing of take off <input type="checkbox"/>
Coach Comments: Terrain Park	Terrain park skills you are doing well:		
	What to work on next:		

ADDITIONAL COACH'S COMMENTS: