



**PSIA-Rocky Mountain-AASI  
LEVEL 1 CERTIFIED**



**Instructor Development and Skills Progress Log**

*FOR 2007-2008 to 2009-2010 SEASONS*

Name: \_\_\_\_\_

<b>Level 1 Professional Development</b> (Verified with Home Ski School Supervisor & Trainer)	Appropriate Signature	Sign-off Date	<b>Trainer's / Supervisor's            Comments and Feedback</b>
<b>Home School Involvement:</b> This person is a current ski school instructor. Interacts positively with guests. Is accepted by peer staff and supervisors. Understands and practices professionalism.	SS Supervisor		
<b>Professional Development:</b> Attended PSIA "Instructor Training Course" (ITC). Attended training at home area. Taught lessons to general public, Levels 1-4. Taught both children and adult lessons. Followed all policy and procedures at home area. Taught and modeled "Your Responsibility Code".			
<b>Extra Credit!</b> Attended specialty training in Kids or Adaptive. Taught large (10+) and small (2-3) groups or private. Audited an experienced instructor's group lesson.			

<b>Level 1 Skiing Performance</b> (Verified with Home Ski School Trainer)	<b>Trainer's            Comments and Feedback</b>
<i>Carved Uphill Arc, Both Directions:</i>	
<i>Wedge Turn:</i>	
<i>Wedge Christie:</i>	
<i>Sideslip in Fall Line or Guided Arc:</i>	
<i>Free Run on Smooth Terrain:</i>	
<i>Variable Terrain &amp; Snow Conditions on Blue Run:</i>	



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<b>Level 1 Skiing <i>EXTRA CREDIT</i></b> (Verified with Home Ski School Trainer)	<b>Trainer's Comments and Feedback</b>
<i>Linked Short Turns in Bumps: (Level 2 Maneuver)</i>	
<i>Basic Parallel: (Level 2 Maneuver)</i>	
<i>Linked Hockey Slides or Hockey Stop: (Level 2 Maneuver)</i>	
<i>Switch Basic Parallel: (Level 2 Maneuver)</i>	
<b>NASTAR Verification:</b> (Bronze Medal or better) (Please send verification in writing to RM Office, Thank You!)	
<b>Share Ideas, Passion &amp; Skill with Peer:</b> Ski fun half-day with another instructor. Peer coach each other's performance.	

<b>Level 1 Technical Knowledge</b> (Study Guide Checklist)	<b>Find Resources</b>	<b>Notes to Myself!</b> <b>What I Need to Work On:</b>
Learn and understand the Skills Concept. Go to Training for Basic Movement Analysis. Practice Movement Analysis on skiers with peers. Identify body-part specific Rotary Movements. Identify body-part specific Pressure Control. Identify body-part specific Edging Movements. Understand how skills are blended. Understand Cause and Effect relationships.	ATM p. 11-22 Home Ski School Home Ski School ATM p. 16 & 17 ATM p. 18 & 19 ATM p. 14 & 15 ATM p. 20 & 21 ATH p. 39-91	

<b>Level 1 Teaching Knowledge</b> (Study Guide Checklist)	<b>Find Resources</b>	<b>Notes to Myself!</b> <b>What I Need to Work On:</b>
Learn to recite "Your Responsibility Code". Understand the "Guest Centered Teaching" Model. Understand the PSIA Teaching Model. Understand the children's CAP Model. Copy experienced instructor's lessons Levels 1-4. Increase "Bag of Tricks" to teach Wedge to Parallel.	CC p. 64-65 PSIA Website ATM p. 47-51 ATH p. 7 Home Ski School ATH p. 39-91	

