

# PSIA - ROCKY MOUNTAIN - AASI ADAPTIVE CERTIFICATION STANDARDS Adaptive Alpine Exam Material Functional Skiing Levels 1 & 2 Exam

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## **Table of Contents**

Candidate Prerequisites	3
General Information	3
Functional Skiing & Technical Application Outcomes	4
Individual Development Pathway Standards for Levels 1 and 2	9

## Candidate Prerequisites

- Current member of PSIA-RM.
- Attend the Adaptive Alpine 1-2 Teaching, Technical, and Skiing Applications Clinic (highly encouraged, but not mandatory if you have Alpine Level 1 certification).

## General Information

The Functional Skiing exam candidate must competently perform the highlighted skill maneuvers, basic blended skill maneuvers, applied skills maneuvers, as well as understand the mechanics of the maneuvers and explain to the examiner and other participants what they did, how the maneuver was accomplished, and where it is applicable in adaptive skiing. Candidates will be asked to perform 2 highlighted skill maneuvers, 2 blended skill maneuvers, and 4 applied skill maneuvers during the exam. The exam manager will select the tasks to be performed the day of the exam. For the maneuver equivalences, please see the adaptive *Fundamental Mechanics of Alpine Skiing Across Adaptive Disciplines* on the PSIA-AASI website (free download) at [www.thesnowpros.org](http://www.thesnowpros.org).

The Functional Skiing exam will be scored in four sections: Highlighted Skills, Basic Blended Skills, Applied Skills, and Technical Application of skill development and Movement Analysis. For more information on Level 1 or Level 2 please consult the website: [www.psia-rm.org](http://www.psia-rm.org).

# Functional Skiing & Technical Application Outcomes

## *Category I: Skiing*

### Highlighted Skills

The following tasks are designed to highlight edge, pressure, and rotational control skills. Competency in performing these tasks contributes to mastering the skills. Tasks are described relative to ski and body performance and tactical requirements.

*The candidate is able to ski...*

### **Linked Sideslips on groomed blue terrain**

**Description:** Link sideslips in a corridor of 1 cat track wide, in both directions, connected by 90-degree pivots of both legs under a stable pelvis and upper body to a straight run and subsequent 90-degree pivots returning to a sideslip. The direction of the sideslips will alternate with a 90-degree pivot all within the width of one cat track.

**Why this maneuver?** This maneuver highlights rotational and pressure control skills and can be extremely valuable when working with any number of diagnoses, as well as a method used when tethering bi-skis and guiding blind skiers.

### **Railroad Track Turns on groomed green terrain**

**Description:** Link carved turns on gentle terrain done in a narrow corridor. Tracks are linked in both directions and leave tracks in the snow that are often described to look like railroad tracks

**Why this maneuver?** This maneuver highlights edging and pressure control skills and isolates movements to the lower legs and feet. The movements used to manage the edge and pressure control skills are building blocks toward the parallel turn. Instructors may use this movement when little friction is desired such as moving across flat areas while trying to maintain or generate speed when tethering a student. Instructors should also be able to accurately demonstrate this movement to visual learners working to acquire more advanced movements of corresponding edging movements themselves.

### **Outside Ski Turns on groomed gentle green to low angle blue terrain**

**Description:** Linked turns during which only the outside ski is on the snow from mid-initiation to mid-finish of the turn. The tail of the inside ski is lifted while its tip remaining on the snow.

**Why this maneuver?** This maneuver highlights pressure control skills, specifically the ability to direct pressure to the outside ski. Outside Ski Turns require key elements in all aspects of modern skiing including balance and coordination. Instructors must be handy on their skis when providing close-in assists such as two-point holds where the majority of pressure may be

required on the outside ski to direct the student on a necessary path or provide needed support. Instructors should also be able to accurately demonstrate this movement to visual learners working to acquire understanding and movements of foot-to-foot pressure and directing pressure toward their outside ski.

### **Basic Blended Skills**

The following tasks are designed to exhibit blending of pressure-, rotational-, and edge-control skills at slower speeds. Emphasis is on the complementary execution of skills to demonstrate a task accurately.

*The candidate is able to ski...*

#### **Wedge Turn on groomed green terrain**

**Description:** Linked, entry level, basic offensive turns demonstrating fundamental principles of expert skiing, with skis in wedge orientation and on opposing edges throughout, due to very low speed, gentle terrain, and active leg steering.

**Why this maneuver?** This maneuver highlights ideal blending skills at lower speeds. Because the outside ski is already at an angle steering toward the next turn, the wedge turn makes it easier for skiers to turn the skis in the intended directions. Instructors may use wedge turns when a wider and very stable base is required when assisting students on flatter terrain. Instructors should also be able to accurately demonstrate wedge turns, a maneuver regularly taught at a variety of levels, for visual learners working to acquire the movements themselves.

#### **Wedge Christie on groomed green terrain**

**Description:** Linked, novice level, basic offensive turns that start with a wedge and finish parallel due to low speed and active leg steering – slightly faster and more intense than Wedge Turns.

**Why this maneuver?** This maneuver highlights ability to blend the skills as well as adjust the duration, intensity, rate, and timing (DIRT) through all phases of a turn. This traditional maneuver helps skiers become aware of, and develop, the ability to turn the feet and legs independently and separate from the upper body. Instructors may use the wedge Christie when a stable base is required for assisting students. Instructors should also be able to accurately demonstrate wedge Christies for visual learners working to acquire the movements themselves.

#### **Lane Change on groomed blue terrain**

**Description:** Skier performs 3 short radius turns. The third turn is held to move across the hill and 3 short radius turns are performed in the new lane.

**Why this maneuver?** This maneuver highlights a blend of the skills. Also demonstrated are the ability to modify the duration, intensity, rate, and timing of all movements at a higher rate of

speed than the Wedge Christie. Instructors routinely employ lane change tactics when guiding, tethering, and assisting students as well as to avoid other guests and obstacles.

### **Parallel on groomed harder green to easy blue terrain**

**Description:** A series of basic parallel medium radius turns on groomed terrain controlling the speed through turn shape.

**Why this maneuver?** This maneuver highlights a blend of skills. This application of the skiing fundamentals and skills is frequently performed as a demonstration. Parallel skiing is often the most effective and safe way to ski when teaching adaptive lessons. Instructors should also be able to accurately demonstrate parallel technique accurately for visual learners working to acquire the movements themselves.

### **Applied Skills**

The following tasks are designed to exhibit blending of pressure-, rotational-, and edge-control skills at slower speeds. Emphasis is on the complementary execution of skills to demonstrate a task accurately.

*The candidate is able to ski...*

### **Skiing Variable Terrain or Conditions on ungroomed blue terrain**

**Description:** Series of linked parallel turns on terrain with small bumps, ungroomed terrain, and/or uneven snow. Turns may vary in size and shape; however, speed is control through turn shape.

**Why this maneuver?** This maneuver displays your ability to adapt your skiing and adjust turns to meet the demands of varying terrain and snow conditions. This also allows for an assessment of your basic skiing mechanics. Most skiers have specific styles and preferred turning mechanisms that either enhance or hinder their ability to ski a variety of terrain or perform specific skill-based maneuvers with accuracy. Teaching and assisting occur on all types of terrain and in varying conditions. Qualified instructors should be able to address terrain and conditions safely in their personal skiing and while assisting guests in lessons. It is important to be able to demonstrate skiing techniques and tactics while teaching on this type of terrain in and these conditions.

### **Skiing in Bumps on ungroomed blue terrain**

**Description:** Ski a series of linked parallel turns through a section of hill with relatively easy bumps at your own pace and in your own personal style. This task is performed on blue bumps runs, with a moderate pitch and smaller sized bumps.

**Why this maneuver?** Bumps happen, especially here in the Rocky Mountains. Our soft snow that starts off as groomed in the morning can quickly become bumps by the afternoon. It is

important for you to be able to ski in bumps so you can effectively work with mountain skiing students in a variety of conditions.

### **Hourglass Parallel Turns on groomed harder blue to easy black terrain**

**Description:** This is a series of parallel turns that start from a medium radius. Each subsequent turn decreases in radius to become short radius turns. From short radius, the turns are then increased once again back to medium radius turns. The entire series of turns paints an “hourglass” track in the snow. This maneuver uses turn shape to maintain a consistent speed, so that the short radius turns are no faster than the medium radius turns.

If numbers were assigned to each turn size, the larger turns might start at 6 then progressively get smaller, to a series of turns at a size of 2, and then back to the larger turn size of 6. The sequence might look like this, 6 – 5 – 4 – 3 – 2 – 2 – 3 – 4 – 5 – 6. This sequence would be repeated until reaching the agreed-upon stopping point and finished with a hockey stop.

**Why this maneuver?** It is important to be able to change the radius of your turns while maintaining speed control in order to manage specialized adaptive equipment safely. Hourglass turns are an excellent way for instructors and students practice reducing turn radii.

### **Stem or Step Turns on groomed harder blue to easy black terrain**

**Description:** At the end of a turn, stem or step the uphill ski into a converging (wedge) position. Quickly transfer weight to the uphill ski and initiate the turning process. Match the inside ski from a wedge position to a parallel position and complete the turn with the skis parallel.

**Why this maneuver?** This maneuver is an excellent way to quickly change direction. It is extremely important in maintaining speed control when tethering because it minimizes time spent in the fall line when changing directions. This maneuver is also referred to as a blocking turn to stop and change the direction of travel. Stem Step Turns are valuable when working with any number of diagnoses, as well as a method used frequently when tethering.

### **Synchronized Skiing on groomed easy black terrain**

**Description:** Synchronize your skiing with one or more other skiers. In this task, the group of skiers cue off the designated leader and match their turns exactly. Typically, a rhythm is established, along with a starting turn direction left or right. All skiers start and end together at the same time. Voice cues help to establish basic rhythms and other performance criteria. There are a variety of group formations that can be utilized when synchronized skiing, such as side-by-side, skier in front and behind, lines, and V formations.

**Why this maneuver?** This maneuver highlights skiers’ ability to adapt their skills to another skier(s). It is performed in. Synchronized Skiing is extremely valuable when working with any number of diagnoses, as well as a method used when tethering bi-skis and guiding blind skiers.

### ***Category II: Professional Knowledge***

## **Technical Application**

1. Terminology  
*"For levels 1-6 instructor is able to..."*
  - a. Define and interpret ski terminology as described in the *Alpine Technical Manual* (PSIA-AASI).
  - b. Apply an understanding of that terminology while analyzing movement patterns.
  - c. Describe cognitive, affective and physical development.
2. Skiing Movements/Skill Development and Skiing Model  
*"For skiing levels 1-6 the Instructor is able to..."*
  - a. Identify, describe and relate the common skills and movements of skiing.
  - b. Relate the skills/movement pools to skill development.
  - c. Discuss similarities and differences in skill usage as the skier progresses from level 1 to 6.
  - d. Describe cause and effect relationships of skier movements.
  - e. Identify situational variations or stepping stones of skill application.
  - f. Apply *Your Responsibility Code* throughout all aspects of skiing.
3. Biomechanics  
*"The instructor will be able to...."*
  - a. Understand basic biomechanics as it relates to the common skills and movements of skiing.

## **Movement Analysis**

1. Movement Analysis  
*"Through technical discussion of levels 1-6 the instructor is able to..."*
  - a. Identify basic movement needs of a skier from DVD or real skier.
  - b. Use the Guest Centered Teaching Model as a template to identify one skill and associated movements in all phases of the turn.
  - c. Use that description in order to determine cause and effect relationships.
  - d. Prioritize what a student should work on.
  - e. Create a progression based on skill development that targets student needs and changes performance.
  - f. Demonstrate technical knowledge of Movement Analysis based on discussion and applications used throughout the exam process.



# Individual Development Pathway Standards For Levels 1 & 2

## Alpine Skiing Fundamentals Relative to the Skills Concept

<b>Pressure Control</b>	Control the relationship of the center of mass to the base of support to direct pressure along the length of the skis. (Fore/aft pressure)
<b>Pressure Control</b>	Control pressure from ski to ski and direct pressure toward the outside ski. (Ski to ski pressure)
<b>Edge Control</b>	Control edge angles through a combination of inclination and angulation.
<b>Rotational Control</b>	Control the skis rotation with leg rotation, separate from the upper body.
<b>Pressure Control</b>	Regulate the magnitude of pressure created through ski/snow interaction. (Overall magnitude of pressure)

### Skills - Highlighted

The following tasks are designed to highlight edge, pressure, and rotational control skills. Competency in performing these tasks contributes to mastering the skills. Tasks are described relative to ski and body performance and tactical requirements.

Candidates will be asked to perform 2 tasks chosen by the exam manager.

LEVELS I & II		
Linked Sideslips		
Rotational/Pressure Control		
<b>Highlighted Skills</b>	<b>Ski Performance</b>	<ul style="list-style-type: none"> <li>– Starting in a straight run, skis pivot 90° to a sideslip</li> <li>– Then, skis pivot 90° to a straight run</li> <li>– Then, skis pivot 90° to a sideslip in the other direction</li> <li>– Skis pivot under the foot and bend from the center</li> <li>– At the end of the maneuver, slip to a full stop</li> <li>– Skis are equally pressured ski to ski and tipped simultaneously to an obvious stop</li> </ul>
	<b>Body Performance</b>	<ul style="list-style-type: none"> <li>– Turn skis with leg rotation under stable upper body</li> <li>– Angulate to direct pressure toward the downhill foot when slipping</li> </ul>
	<b>Tactics</b>	<ul style="list-style-type: none"> <li>– Corridor is less than 1 cat track wide</li> <li>– Groomed blue terrain</li> </ul>

		<u>Railroad Tracks</u>	
		Edge/Pressure Control	
<b>Highlighted Skills</b>	<b>Ski Performance</b>	<ul style="list-style-type: none"> <li>- Tails follow tips to create carved ski performance</li> <li>- Link tracks in both directions</li> <li>- Skis stay the same distance apart</li> <li>- Skis flatten and edge at the same rate, time, and for same duration</li> <li>- At the end of the maneuver, skid to a full stop</li> <li>- Skis are equally pressured ski to ski and tipped simultaneously to an obvious stop</li> </ul>	
	<b>Body Performance</b>	<ul style="list-style-type: none"> <li>- Tipping movements and angulation start with the lower body</li> <li>- Tip legs at the same time and rate</li> <li>- Keep the center of mass over the base of support as you flex and extend</li> </ul>	
	<b>Tactics</b>	<ul style="list-style-type: none"> <li>- Corridor is fall line oriented, maximum 1 cat track wide</li> <li>- No pole touch is present</li> <li>- Green terrain</li> </ul>	

		<b>Outside Ski Turn</b>	
		Pressure Control	
<b>Highlighted Skill</b>	<b>Ski Performance</b>	<ul style="list-style-type: none"> <li>- Inside ski tip is on the snow and tail is raised off the snow from mid-initiation through mid-finish phases</li> <li>- Outside ski bends through all turn phases</li> <li>- Outside ski leaves brushed track in snow</li> <li>- At the end of the maneuver, skid to a full stop</li> <li>- Skis are equally pressured ski to ski and tipped simultaneously to an obvious stop</li> </ul>	
	<b>Body Performance</b>	<ul style="list-style-type: none"> <li>- Flex leg to raise tail of inside ski midway through initiation and return ski to snow midway through finish phase</li> <li>- Angulate to direct pressure toward the outside foot</li> <li>- Flex or extend to maintain fore/aft balance</li> <li>- Rotate legs and edge ski(s) under a stable upper body</li> </ul>	
	<b>Tactics</b>	<ul style="list-style-type: none"> <li>- Gentle green to low angle blue terrain</li> </ul>	

## Skills – Basic Blended

The following tasks are designed to exhibit blending of pressure-, rotational-, and edge-control skills at slower speeds. Emphasis is on the complementary execution of skills to demonstrate a task accurately.

Candidates will be asked to perform 2 tasks chosen by the exam manager.

		<b>LEVELS I &amp; II</b>	
		<u>Wedge Turn</u>	
<b>Basic Blended Skill</b>	<b>Ski Performance</b>	<ul style="list-style-type: none"> <li>– Start with a narrow wedge with tips together and tails apart on inside edges</li> <li>– New inside ski flattens as both tips steer into the fall line</li> <li>– Skis turn at the same rate throughout the turn</li> <li>– Skis bend from center</li> <li>– At the end of the maneuver, skis are brought to an obvious stop through turn shape and increased pressuring of edges</li> </ul>	
	<b>Body Performance</b>	<ul style="list-style-type: none"> <li>– Turn legs inward to create narrow wedge, maintain consistent width</li> <li>– Tip feet and legs to manage edge angles</li> <li>– Turn skis with leg rotation under stable upper body</li> </ul>	
	<b>Tactics</b>	<ul style="list-style-type: none"> <li>– No pole plants</li> <li>– Speed controlled through turn shape</li> <li>– Green terrain</li> </ul>	

		<u>Wedge Christie</u>	
<b>Basic Blended Skill</b>	<b>Ski Performance</b>	<ul style="list-style-type: none"> <li>– At initiation, edges of parallel skis release (flatten) and open to a small wedge</li> <li>– Both tips steer down the hill</li> <li>– Outside ski turns faster to fall line to create wedge</li> <li>– From fall line, inside ski turns faster to create parallel skis</li> <li>– Skis bend from center</li> <li>– At the end of the maneuver, skis are brought to an obvious stop with the skis in a matched position exhibiting increased pressure and edge angle</li> </ul>	

	<b>Body Performance</b>	<ul style="list-style-type: none"> <li>- Allow turn forces to transfer more weight to the outside ski through the shaping phase</li> <li>- Steer lighter inside ski parallel to outside ski</li> <li>- Rotate legs and edge skis under a stable upper body</li> <li>- Adjust ski performance and balance with subtle fore/aft and vertical movements</li> </ul>	
	<b>Tactics</b>	<ul style="list-style-type: none"> <li>- Control speed through turn shape</li> <li>- Green terrain</li> </ul>	

		<u>Lane Change</u>	
<b>Basic Blended Skill</b>	<b>Ski Performance</b>	<ul style="list-style-type: none"> <li>- Skis scribe a series of 3 short radius turns, then travel across the hill and scribe 3 short turns in a new lane; repeat</li> <li>- Skis scribe short radius turns in the fall line</li> <li>- Turns are round and linked with smooth transition to new lane</li> <li>- Skis steer through turns, or carve through phases of turns</li> <li>- Outside ski bends more than inside ski</li> <li>- At the end of the maneuver, skid to a full stop</li> <li>- Skis are equally pressured ski to ski and tipped simultaneously to an obvious stop</li> </ul>	
	<b>Body Performance</b>	<ul style="list-style-type: none"> <li>- Adjust degree of counter to coincide with the radius of upcoming turns</li> <li>- Rotate legs under a stable upper body</li> <li>- Flex ankles, knees, hips/spine to manage pressure in first turn of series</li> <li>- Tip legs at the same rate and time</li> </ul>	
	<b>Tactics</b>	<ul style="list-style-type: none"> <li>- Deliberate pole plants down the hill aids transition to short turns</li> <li>- Rhythm of short turns and speed are consistent</li> <li>- Blue terrain</li> </ul>	

		<u>Parallel on Groomed Terrain</u>	
<b>Basic Blended Skill</b>	<b>Ski Performance</b>	<ul style="list-style-type: none"> <li>- Parallel skis leave round, brushed tracks of consistent width</li> <li>- Skis tip and turn at same time and rate in most turns</li> <li>- Width of skis stays consistent</li> <li>- Outside ski bends more than the inside ski before the fall line in most turns</li> <li>- Skis steer from center</li> <li>- At the end of the maneuver, skid to a full stop</li> <li>- Skis are equally pressured ski to ski and tipped simultaneously to an obvious stop</li> </ul>	
	<b>Body Performance</b>	<ul style="list-style-type: none"> <li>- Steer both skis at the same rate and time</li> <li>- Turning comes from the legs and not the upper body</li> <li>- Flex/extend joints and adjust fore/aft to stay in balance</li> <li>- Director more pressure toward the outside ski</li> </ul>	
	<b>Tactics</b>	<ul style="list-style-type: none"> <li>- Basic parallel</li> <li>- Pole plants are functional</li> <li>- Control speed through turn shape</li> <li>- Medium radius turns</li> <li>- Performed at moderate speed</li> <li>- Groomed harder green to easy blue terrain</li> </ul>	

## Skills – Applied

The following tasks are designed to demonstrate ability to adapt to terrain challenges and increased speed. Tasks require tactical solutions to blend pressure-, rotational-, and edge-control skills effectively for different outcomes. Candidates must consider the implications of duration, intensity, rate, and timing of movements to achieve their desired outcomes.

Candidates will be asked to perform 4 tasks chosen by the exam manager.

### LEVELS I & II

#### Skiing Variable Terrain

<b>Applied Skill</b>	<b>Ski Performance</b>	<ul style="list-style-type: none"> <li>– Parallel skis make different sized, linked turns that flow smoothly over varied terrain</li> <li>– Skis steer through turn, or may be carved in phases</li> <li>– Skis bend and turn from center in majority of turns</li> <li>– Skis edge simultaneously commensurate with terrain</li> <li>– Skis maintain contact with the snow when appropriate</li> <li>– At the end of the maneuver, skid to a full stop</li> <li>– Skis are equally pressured ski to ski and tipped simultaneously to an obvious stop</li> </ul>	
	<b>Body Performance</b>	<ul style="list-style-type: none"> <li>– Vary turn size and flex (absorb) and extend to promote ski/snow contact over uneven terrain</li> <li>– Adjust fore/aft stance to maintain balance</li> <li>– Turning movements are progressive, appropriate to the terrain</li> <li>– Rotate legs and edge skis from the lower body, separate from and under a stable upper body</li> <li>– Skis maintain contact with snow unless deliberate jump</li> </ul>	
	<b>Tactics</b>	<ul style="list-style-type: none"> <li>– Pole plants are functional</li> <li>– Speed down the hill may vary, but does not get out of control</li> <li>– Ungroomed blue terrain</li> </ul>	

		<u>Skiing Bumps</u>	
<b>Applied Skill</b>	<b>Ski Performance</b>	<ul style="list-style-type: none"> <li>- Skis turn in short-radius turns over, against, and around bumps, close to the fall line</li> <li>- Skis turn at same time and rate in as round a line as possible</li> <li>- Skis maintain contact with the snow</li> <li>- Skis bend from center as much as possible, but will vary with ski/snow contact in abrupt terrain</li> <li>- Skis edge/flatten at same times although edge angles may vary due to terrain</li> <li>- At the end of the maneuver, skid to a full stop</li> <li>- Skis are equally pressured ski to ski and tipped simultaneously to an obvious stop</li> </ul>	
	<b>Body Performance</b>	<ul style="list-style-type: none"> <li>- Turn feet/legs simultaneously and engage edges to shape turns to match terrain</li> <li>- Use pole plants to stabilize and keep upper body facing downhill, enabling leg rotation</li> <li>- Maintain relatively level upper body as legs/spine flex to absorb terrain and extend to maintain ski/snow contact</li> <li>- Skis maintain contact with the snow</li> </ul>	
	<b>Tactics</b>	<ul style="list-style-type: none"> <li>- Look ahead to choose a smooth line over, against, and around bumps, close to the fall line</li> <li>- Pole plants provide timing and stability</li> <li>- Turn shape and line control speed</li> <li>- Blue Bumps</li> </ul>	

		<u>Stem – Step Turns</u>	
<b>Applied Skills</b>	<b>Ski Performance</b>	<ul style="list-style-type: none"> <li>- New outside ski rotates, brushing the snow at an angle (stem) or is lifted and placed laterally away (step)</li> <li>- Old downhill ski retains inside edge as new outside ski stems or steps</li> <li>- Stemmed or stepped ski bends as new inside ski rotates, brushing the snow, creating a parallel relationship</li> <li>- Skis are parallel before the fall line</li> <li>- Both skis steer, leaving brushed tracks through turn completion</li> <li>- At the end of the maneuver, both skis are pivoted to a hockey slide (90°) to the fall fine</li> <li>- Skis are equally pressured ski to ski and tipped simultaneously to an obvious stop</li> </ul>	

	<b>Body Performance</b>	<ul style="list-style-type: none"> <li>– Tip feet and legs sequentially at initiation, and simultaneously after matching occurs</li> <li>– Transfer weight to the outside foot (stemmed or stepped ski) to control the arc of the turn</li> <li>– Tip and turn (Steer) the inside leg to a parallel relationship before the fall line</li> <li>– Start angulating in the shaping phase to aid balance toward the outside ski</li> </ul>	
	<b>Tactics</b>	<ul style="list-style-type: none"> <li>– Skis maintain contact with snow at all times</li> <li>– Groomed blue to black terrain</li> </ul>	

		<u><b>Hourglass Turns</b></u>	
<b>Applied Skills</b>	<b>Ski Performance</b>	<ul style="list-style-type: none"> <li>– Both skis sideslip and skid through a series of medium, progressively reducing radius turns to a very small radius</li> <li>– At the halfway point, progressively return to a medium radius</li> <li>– At the end of the maneuver, skid to a full stop</li> <li>– Skis are equally pressured ski to ski and tipped simultaneously to an obvious stop</li> </ul>	
	<b>Body Performance</b>	<ul style="list-style-type: none"> <li>– Feet and legs flex and extend to maintain efficient pressure fore/aft and foot to foot</li> <li>– Feet and legs tip to allow for adjustment of foot to snow angles</li> <li>– Feet and legs rotate at a slow rate and progressively quicker and return to a slower rate</li> </ul>	
	<b>Tactics</b>	<ul style="list-style-type: none"> <li>– A basic parallel linked turn</li> <li>– Control speed through turn shape</li> <li>– Hourglass is symmetric from left to right and top to bottom</li> <li>– Groomed harder blue to black terrain</li> </ul>	

		<u><b>Synchronized Skiing</b></u>	
<b>Applied Skill</b>	<b>Ski Performance</b>	<ul style="list-style-type: none"> <li>– 2 or more skiers ski a series of linked parallel turns at the same time as one another</li> <li>– Parallel skis leave round, brushed tracks of consistent width</li> <li>– Skiers skis tip and turn at same time and rate</li> <li>– At the end of the maneuver, skier(s) skid to a full stop</li> <li>– Skis are equally pressured ski to ski and tipped simultaneously to an obvious stop</li> </ul>	

<b>Body Performance</b>	<ul style="list-style-type: none"> <li>- Lower body uses a combination of flexion and extension, along with turning and tipping to create efficient ski to snow interaction</li> </ul>	
<b>Tactics</b>	<ul style="list-style-type: none"> <li>- Lead and follow in a series of linked parallel turns on</li> <li>- Rhythm, flow, and consistency through a series of turns are consistent</li> <li>- Consistency as the leader and adaptability as the follower</li> <li>- Remain in close proximity to other skier(s)</li> <li>- Groomed harder blue to black terrain</li> </ul>	