



ROCKY MOUNTAIN

Title

Precision Skiing 303 (Versatility Assessment Activities)

Duration

1 Day/ 6 CEU's

Learning Connection Highlight

Technical Skills

Course Description

This on-snow course is for Level 2 Certified instructors pursuing their Alpine Level 3 Certification. It's designed to help you train for the Versatility Assessment Activities in the Cert 3 Alpine Skiing Assessment. We will train how to intentionally adapt the skiing fundamentals, skill blends, and skiing tactics to vary turn shape, size, and line at different speeds in both groomed and ungroomed snow conditions. Expect to ski primarily on groomed and ungroomed green, blue, black, and double black diamond terrain suitable to the Level 3 Skiing Assessment.

Recommended Preparatory Learning or Prerequisites

- Precision Skiing 301 and/or 302
- Technical Foundations

Prerequisite Courses and Skills

- Level 2 Certification
- Safely ski green, blue, black and double black diamond trails.

Learning Outcomes

By the end of this clinic, successful participants will be able to:

- Demonstrate a refined and intentional adaptation of skiing fundamentals, skill blends, and/or tactics from the Center Line to vary turn shape, size, and line as prescribed.
- Adapt fundamentals and intentionally emphasize select skills (without neglecting the others) to demonstrate Versatility Assessment Activities from the PSIA-RM Skiing IDP.
- Align skiing tactics for effective performance and demonstrations.
- Identify how application of fundamentals and/or skill blends are adapted to vary turn shape, size, and line in different skiing situations.



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Learning Experiences

- Review the Center Line Common Threads shared by Wedge, Wedge Christie, Basic Parallel, and Dynamics Parallel Turns. (The Common Threads are: both skis remain on the snow, ankles work in unison creating matching forward angles, skis are simultaneously guided to begin the turn, a countered relationship is maintained through the finish of the turn, the legs flex and extend independent of each other to move the Center of Mass laterally from turn to turn, and pole use/position supports the stability of the torso.)
- Practice Versatility Assessment Activities from the PSIA-RM Skiing IDP.
- Discuss technical topics as needed to clarify intentions.
- Identify tactics that enhance demonstrations.

Materials/Equipment Needed

- PSIA-RM Skiing IDP
- Alpine Performance Guide
- Level 3 Skiing Assessment Form
- Recommended Equipment Considerations
 - Tuned skis narrower than 98 mm underfoot
 - Alpine Ski Boots (Alpine Touring Boots are not recommended)