



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

Instructor Development and Skills Progress Log



Updated 8 Nov 15

Name: _____

Level 1 Professional Development (Verified with Home Ski School Supervisor & Trainer)	Appropriate Signature	Sign-off Date	Trainer's / Supervisor's Comments and Feedback
<p>Home School Involvement:</p> <p>This person is a current ski school instructor. Interacts positively with guests. Is accepted by peer staff and supervisors. Understands and practices professionalism.</p>	SS Supervisor		
<p>Professional Development:</p> <p>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".</p>			
<p>Extra Credit!</p> <p>Attended specialty training in Kids or Adaptive. Taught large (10+) and small (2-3) groups or private. Audited an experienced instructor's group lesson.</p>			

Level 1 Skiing Performance (Verified with Home Ski School Trainer)	Fundamental Areas to Develop
<p>Carved Uphill Arc, Both Directions:</p>	<p>Understanding of current performance and desired outcome:</p>
<p>Wedge Turn:</p>	
<p>Sideslip in Fall Line or Guided Arc:</p>	
<p>One-footed J-Turn:</p>	
<p>Free Run on Smooth Terrain:</p>	
<p>Variable Terrain & Snow Conditions on Blue Run:</p>	



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Level 1 Skiing EXTRA CREDIT (Verified with Home Ski School Trainer)	Fundamental Areas to Develop
<i>Linked Short Turns in Bumps: (Level 2 Maneuver)</i>	Understanding of current performance and desired outcome:
<i>Basic Parallel (Short and Medium Radius): (Level 2 Maneuver)</i>	
<i>Linked Hockey Slides or Hockey Stop: (Level 2 Maneuver)</i>	
<i>Outside Ski Turn: (Level 2 Maneuver)</i>	
NASTAR Verification: (Bronze Medal or better) (Please send verification in writing to RM Office, Thank You!)	
Share Ideas, Passion & Skill with Peer: Ski fun half-day with another instructor. Peer coach each other's performance.	

Level 1 Technical Knowledge (Study Guide Checklist)	Find Resources	Notes to Myself! What I Need to Work On:
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. 15-48 Home Ski School Home Ski School ATM p. 15-21 ATM p. 27-32 ATM p. 22-26 ATM p. 20 & 21 ATM p. 90	

Level 1 Teaching Knowledge (Study Guide Checklist)	Find Resources	Notes to Myself! What I Need to Work On:
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. 97-114 ATH p. 16 Home Ski School ATH p. 104-135	



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Level 1 Teach / Tech <i>EXTRA CREDIT</i> (Study Guide Checklist)	Find Resources	Notes to Myself! What I Learned:
Audit experienced instructors, intermediate levels. Practice Movement Analysis from video with trainer. Read the "PSIA Children's Instruction Manual". Write out progression to teach wedge christie turns. Write out progression to teach basic parallel turns.	Home Ski School Home Ski School Home Ski School Home Ski School	

Personal Development Plan: Share with your Training Mentor!

Your Mentor's Name: _____

Mentor's Signature: _____

Determine Goals for Personal Development:

Develop a Plan and Time Line to Achieve Goals: