



LEVEL 5 Working On Mastered

**GOAL: EXPLORING BLUE TERRAIN, CHANGING CONDITIONS AND LEARNING TO USE POLES
TERRAIN:**

- I can balance on my outside ski while turning (able to lift inside ski).
- I can side-slip in a corridor.
- I can hockey stop in both directions without drifting across the slope.
- I can use pole swing and touch at turn initiation and demonstrate longer and shorter turns with parallel turn entry.
- Safety: I know the terrain park rules and I can safely ski on the terrain park features.
 - I am ready for Level 6!

Enthusiasm Level 😊😊😊😊😊

A TRAIL I LIKE A LOT: _____



LEVEL 6 Working On Mastered

**GOAL: LEARNING TO MASTER PARALLEL TURNS WITH POLE USE ON ALL BLUE AND SOME BLACK TERRAIN
TERRAIN:**

- I can control side-slips with edge sets to stop and go.
- I can balance on my outside ski and lift my inside ski tail while making turns.
- I can maintain turn shape and speed on ungroomed green or easy blue run.
- My skis are parallel throughout the turn on all blue and easy black runs.
- I can help group members get up, get gear back on, and return to group.
- Safety: I know what procedure to follow if I get separated from my group.

Enthusiasm Level 😊😊😊😊😊

A TRAIL I LIKE A LOT: _____



STUDENT NAME: _____

AGE: _____

PARENT'S NAME: _____

PARENT'S CELL PHONE: _____

ALLERGIES: _____

COMMENTS: _____

INSTRUCTOR NAME: _____



CHILDREN'S ALPINE
AGES 4-6



PROGRESS REPORT

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LEVEL 1 Working On Mastered

GOAL: LEARNING TO GLIDE & STOP

TERRAIN:

- I can climb up the hill.
- I can glide on a straight run on a slight slope.
- I can make a wedge.
- I can change directions (both ways).
- I can stop on a mild slope.
- Safety: I look uphill before starting to ski.
 - I'm ready for Level 2!

Enthusiasm Level

MY FAVORITE THING ABOUT SNOW: _____



LEVEL 2 Working On Mastered

GOAL: LEARNING TO TURN & CONTROL SPEED

TERRAIN:

- I can walk and glide on flats.
- I can ride the beginner lift and know loading and unloading procedures.
- I can glide across the slope and wedge turn.
- I can turn to stop in both directions.
- I can connect turns (no straight glide in between my turns).
- Safety: I can avoid people and objects in between my turns.
 - I can stop in a group where others can see me.
 - I'm ready for Level 3!

Enthusiasm Level

A FUN MOMENT FROM TODAY: _____



LEVEL 3 Working On Mastered

GOAL: EXPLORING GREEN TERRAIN

TERRAIN:

- I can make wedge turns of different shapes.
- I can control speed through skidding (turn shape).
- I can get up after a fall and put skis back on.
- I can make a hockey stop.
- Safety: I can stop safely below the group or where the instructor tells me to stop.
 - I'm ready for Level 4!

Enthusiasm Level

THE BEST THING ABOUT SKIING: _____



LEVEL 4 Working On Mastered

GOAL: LEARNING PARALLEL TURNS AND SPEED CONTROL

TERRAIN:

- I can hockey stop in both directions.
- I can balance on my outside ski (able to lift inside ski).
- I can sideslip both directions.
- I can carry speed while in control on green and easier blue runs.
- I can adjust my turns and line to avoid others and control speed.
- Safety: I can help others with getting up and putting gear on.
 - I can lead a group to a designated stopping place and I know where to safely wait.
 - I'm ready for Level 5!

Enthusiasm Level

A TRAIL I LIKE A LOT: _____
