



LEVEL 7 Working On Mastered

GOAL: LEARNING SPEED OPTIMIZATION, POWER, AND EFFICIENCY

TERRAIN: ALL TERRAIN

SKATE SKIING:

- I can ski with rhythm and varied tempo on a continuous loop (more than 3km) of advanced terrain.
- I can V1 up a steep hill.
- I can transition between diagonal skate, V1, V2, V2-Alt, and open skate techniques on flat terrain.

DOWNHILL AND AGILITY:

- I can skate turn to maintain and generate speed on flat terrain.
- I can link multiple parallel turns downhill with rhythm and fluidity.
- I can V2 with a hop on each ski on flat terrain.
 - I am ready for Level 8!

NOTES: _____

LEVEL 8 Working On Mastered

GOAL: DEVELOPING SPEED OPTIMIZATION, POWER, EFFICIENCY, AND RACE TACTICS

TERRAIN: ALL TERRAIN

SKATE SKIING:

- I can optimize speed in varying terrain by transitioning between diagonal skate, V1, V2, V2-Alt, and open skate techniques.
- I can V1 hop skate up a steep hill.
- I can V2 up a moderate hill.

DOWNHILL AND AGILITY:

- I can skate turn downhill corners while maintaining speed.
- I can double pole multiple times while maintaining balance on glide on one ski.
- I can land a jump 360 while moving.
 - I am ready for Level 9!

NOTES: _____

LEVEL 9 Working On Mastered

GOAL: REFINING SPEED OPTIMIZATION, POWER, EFFICIENCY, ENDURANCE AND RACE TACTICS

TERRAIN: ALL TERRAIN

SKATE SKIING:

- I can accelerate, change technique, and optimize speed to match the terrain and in all conditions.
- I can start a race with optimum efficiency and power.

DOWNHILL AND AGILITY:

- I can skate turn downhill corners while generating speed.
- I can ski steep, narrow, or challenging downhills in difficult conditions.

NOTES: _____

STUDENT NAME: _____

AGE: _____

PARENT'S NAME: _____

PARENT'S CELL PHONE: _____

ALLERGIES: _____

COMMENTS: _____

INSTRUCTOR NAME: _____



SPONSORED BY
Professional Ski Instructors of America





LEVEL 1 Working On Mastered

GOAL: LEARNING BALANCE, POSTURE, AND WEIGHT TRANSFER

TERRAIN: FLATS

SKATE SKIING:

- I can walk, run, hop, and jump in my boots.
- I can put my skis on and take them off.
- I can jump up and down with skis on.
- I can side step and in a circle on flat ground with my skis on.
- I can balance on one ski (static).
- I can swing my arms in coordination with my leg movements.
- Safety: I move to the side of trails when stopping.

DOWNHILL AND AGILITY:

- I can glide in a straight run on an easy downhill.
- I can skip in my boots on snow.
- I'm ready for Level 2!

NOTES: _____

LEVEL 2 Working On Mastered

GOAL: LEARNING TO PUSH OFF, GLIDE, AND STOP

TERRAIN: FLATS AND EASIEST HILLS

SKATE SKIING:

- I can skate on skis with no poles on flat terrain.
- I can change direction while moving (mini-step turn).
- I can double pole with rhythm.
- I can side step up a hill.

DOWNHILL AND AGILITY:

- I can make a wedge to control speed on an easy downhill.
- I can get up after a fall by myself.
- I'm ready for Level 3!

NOTES: _____

LEVEL 3 Working On Mastered

GOAL: LEARNING TO SKATE TO MOVE FORWARD

TERRAIN: FLATS AND HILLS

SKATE SKIING:

- I can skate with equal glide on each ski without poles.
- I can transfer weight completely from ski to ski while skate skiing.
- I can coordinate arm swing with rhythm while skate skiing.

DOWNHILL AND AGILITY:

- I can change direction in wedge on downhill.
- I can link step turns in both directions together on flat terrain.
- I can pump (flex/extend) my legs over small rolls/humps.
- I'm ready for Level 4!

NOTES: _____

LEVEL 4 Working On Mastered

GOAL: LEARNING DYNAMIC BALANCE, COORDINATION, AND TIMING OF MOVEMENTS

TERRAIN: FLATS, LONGER UPHILLS, LONGER AND STEEPER DOWNHILLS, INTERMEDIATE TRAILS

SKATE:

- I can skate ski with poles using double pole technique (with some rhythm).
- I can change directions while skating.
- I can skate up easy hills without poles.

DOWNHILL AND AGILITY:

- I can step turn on easy downhill.
- I can do a surface 180.
- I can ride over small jumps.
- I'm ready for Level 5!

NOTES: _____

LEVEL 5 Working On Mastered

GOAL: LEARNING COORDINATION AND TIMING OF MOVEMENTS AND TRANSITIONS IN VARYING TERRAIN

TERRAIN: FLATS, LONGER UPHILLS, LONGER AND STEEPER DOWNHILLS, INTERMEDIATE TRAILS

SKATE:

- I can coordinate upper and lower body movements on flats using either a V2-Alt or V1 technique.
- I can diagonal skate up an easy hill.
- I can marathon skate.

DOWNHILL AND AGILITY:

- I can glide on one ski (both sides) on an easy downhill.
- I can hockey stop.
- I can skate ski backwards (no poles).
- I can do a jump 180 while moving.
- I am ready for Level 6!

NOTES: _____

LEVEL 6 Working On Mastered

GOAL: LEARNING RHYTHMIC, EFFICIENT SKIING AND TRANSITIONS IN VARYING TERRAIN

TERRAIN: FLATS, LONGER UPHILLS, LONGER AND STEEPER DOWNHILLS, INTERMEDIATE TRAILS

SKATE SKIING:

- I can V1 up moderate hills.
- I can V2-Alt on flats and gradual downhills.
- I can V2 on flats.
- I can skate with a hop on each ski (no poles).

DOWNHILL AND AGILITY:

- I can link turns in both directions in a slalom course while maintaining momentum on flat terrain.
- I can step turn downhill around corners while controlling speed.
- I can do a jump 360 while standing still.
- I am ready for Level 7!

NOTES: _____