



WESTERN DIVISION

Alpine Level 1 Progression PSIA-AASI Western Division

OBJECTIVE: Link turns at will.

Learning terrain: Gentle beginner terrain.

Safety tactics: Focus on completing turns for speed control.

Movement Priorities

- Use a smaller wedge turn.
- Focus on turning both legs (femurs) in the same direction.
- Highlight flattening the inside ski to release it and initiate the new turn.

Learning Activities

With skis off:

Static- Walk and then shuffle in a figure-8 pattern. Focus on the inside leg. Feel the inside leg twist in the direction of the new "turn" and feel the little toe make contact with the snow first.

- Exaggerate a bow-legged stance.
- Walk and shuffle in a figure-8.
- Focusing on inside-foot direction and placement.

With skis on:

Simple - On the flats, complete the same shuffling movement with skis on and move around in a similar figure-8 pattern. Notice that the leg makes the exact same twisting motion as before.

- Exaggerate a bowlegged stance.
- Walk and shuffle in a figure-8.
- Focusing on inside-foot direction and placement.

Moderate - Now take the movement into traverse, garland and/or a single turn. Focus on twisting the inside ski in the direction you would like to go.

- Exaggerate a bowlegged stance to start parallel and open wedge turns.
- Focusing on inside-foot direction and placement.
- Point the arrow.
- Perform garlands with parallel skis and an open wedge.
- Steer the skis down the hill, into the fall line and across the hill to control speed or stop.
- Turn to a stop in both directions.

Complex - Now complete linked turns. Keep the same focus of twisting the new inside ski first and add a slight weight transfer onto the outside ski. The more the new inside ski twists and weight is on the outside ski the further across the hill you will go.

- **Steer the skis down the hill, into the fall line and across the hill to control speed.**
- Explore a smooth transition of weight distribution, from standing on two skis to having slightly more weight on the outside ski.

Keys to Learning

Cognitive: Students need to understand how and why linking turns provides speed control.

Affective: Skiing in control down the slope is a tremendous confidence builder.

Physical: Encourage a smooth transition of balance from standing on two skis equally to having slightly more weight on the outside ski.