

Pole jumpers in tuck

Objective: To jump while maintaining a tuck and clear a series of poles placed at 90 degrees to the skier's direction of travel.

Primary Skill: Pressure

Justification: Adjusting pressure under the foot and along the fore/aft axis of the ski is a critical component of balance. Clearing a series of poles while maintaining a straight path down the hill is accomplished with a take-off, flight and landing each having specific pressure control solutions. The ability to maintain a tuck while having an independent lower body capable of performing proficient jumps demonstrates independence and is used for aerodynamics.

Slope: Beginner groomed terrain that is even from side to side, without sidehill or fall-away.

Set-up: Eight poles are laid at 90 degrees across the fall-line at 8 meter spacing. The poles can be secured or unsecured to the snow surface. The start is 12 meters above the first pole and the finish is 12 meters below the last pole.

Description:

- Ski in a straight run down the fall-line in a tuck position
- Skier jumps once to clear each pole in the snow
- Tuck position is between a high and low tuck

Criteria for perfect execution:

- Skier maintains a straight path down the fall-line
- Skier maintains a tuck position such that if the skier were to pull their elbows back without moving their shoulders or hips, their elbows would touch some part of their thighs, with elbows no wider than the knees
- Equal distance maintained between both skis and knees
- Jump off and land on both feet simultaneously
- Skis do not touch poles
- Economy of movement from the jumping skier

Scoring:

Based on the description and criteria for perfect execution above, the skier will be judged on a scale from 0 to 10 where 10 is perfect demonstration of the skill and task and 0 is the inability to demonstrate the skill and task.

KID-FRIENDLY START INSTRUCTIONS:

- Ski straight down the hill in a tuck
- Jump over the poles without your skis touching the poles
- Keep your skis and knees the same distance apart
- Jump and land with both feet at the same time
- Jump from your legs, keeping the rest of your body quiet
- Stay between a high and low tuck – if you moved just your elbows back, they should touch somewhere on your thigh
- Your elbows should not be wider apart than your knees

