USSA LEVEL 100 SKIING FUNDAMENTALS EVALUATION

Clinic Date: ___________________________  Clinic Location: ______________________________

The Level 100 Ski Coach is able to ski and demonstrate to a bronze level through Phase 3 of SkillsQuest:

This would imply, but not necessarily involve, skiing each individual drill Phase 1 through 3 of SkillsQuest. In other words the coach has demonstrated the skill level needed to perform at the bronze level by the conclusion of the Level 100 clinic.

Free skiing on intermediate terrain the Level 100 Coach exhibits:

**Stance:**
- □ Fore/aft positioning appropriate to phase of the turn
- □ Equal flexion in both ankles
- □ Alignment of the knees, hips and shoulders in a parallel relationship
- □ Outside ski dominant

**Pressure control skills:**
- □ Maintain ski-snow contact with both skis
- □ A gradual increase in pressure to the outside ski in linked round turns of varying radius
- □ Able to adjust to terrain variations without disrupting balance

**Edging skills:**
- □ Begin tipping of the skis from the uphill edges to the downhill edges before turning the skis toward the fall-line
- □ Progressive increase and decrease of edge angle through the turn in groomed and ungroomed terrain
- □ Utilize ski side-cut as a component of turn shape and speed control

**Rotary skills:**
- □ Quiet upper body
- □ Maintains a WALL relationship established by equal ankle angle determined by the slope
- □ Rotation occurs in the hip joint(s)
- □ Can release the old turning ski without a weight transfer to the new ski

**Suggestions for continued improvement:**

__________________________________________

☐ Has ☐ Has not, demonstrated the skiing skills to be qualified as a USSA Level 100 Coach.

Printed name and signature of USSA Clinician ___________________________ Date _____________

*This form is returned to coach, results to USSA office