

Compiled Scores

Name	Comments	Overall Score



® Eastern Division
Senior
S & T
Evaluation

SKILLS SCORE CARD

Group:

Location:

Date:

Evaluator:

E-opofa-Feb2010

Compiled Scores

Name	Comments	Overall Score



® Eastern Division
Senior
S & T
Evaluation

SKILLS SCORE CARD

Group:

Location:

Date:

Evaluator:

E-opofa-Feb2010

NOTES:

Sideslip Skill

Terrain: Most difficult, moguled

Performance Objectives:

1. Maintains BALANCE, ski or rides with stability
2. Demonstrates effective use of EDGES
3. Uses ROTARY movements to steer skis or the board at the appropriate point of the turn or skill maneuver
4. Applies effective PRESSURE throughout the skill maneuver
5. Maintains awareness for safe SPEED and consistency as appropriate for people, terrain and conditions
6. Demonstrates a transition maneuver to change direction
7. Demonstrates consistent speed in all direction changes and terrain changes
8. SNOWBOARDERS must show both heel and toe side skill
9. Demonstrates a kick turn or the alternative turn method (ATM)

Critical Standard:

Does the candidate maintain effective movement by slipping the edge(s) in either direction without traversing, and performs effective kick turn/ATM?

Slope:	Date:
Conditions:	

NOTES:

Sideslip Skill

Terrain: Most difficult, moguled

Performance Objectives:

1. Maintains BALANCE, ski or rides with stability
2. Demonstrates effective use of EDGES
3. Uses ROTARY movements to steer skis or the board at the appropriate point of the turn or skill maneuver
4. Applies effective PRESSURE throughout the skill maneuver
5. Maintains awareness for safe SPEED and consistency as appropriate for people, terrain and conditions
6. Demonstrates a transition maneuver to change direction
7. Demonstrates consistent speed in all direction changes and terrain changes
8. SNOWBOARDERS must show both heel and toe side skill
9. Demonstrates a kick turn or the alternative turn method (ATM)

Critical Standard:

Does the candidate maintain effective movement by slipping the edge(s) in either direction without traversing, and performs effective kick turn/ATM?

Slope:	Date:
Conditions:	

A Assess
D Develop
A Assign tasks
P Practice
T Test

P Positive
I Improve
S Specific
E Evaluate

Sideslip Skill

										Score	Name
1	2	3	4	5	6	7	8	9	10		
Comments:											
1	2	3	4	5	6	7	8	9	10		
Comments:											
1	2	3	4	5	6	7	8	9	10		
Comments:											
1	2	3	4	5	6	7	8	9	10		
Comments:											
1	2	3	4	5	6	7	8	9	10		
Comments:											

Sideslip Skill

A Assess
D Develop
A Assign tasks
P Practice
T Test

P Positive
I Improve
S Specific
E Evaluate

										Score	Name
1	2	3	4	5	6	7	8	9	10		
Comments:											
1	2	3	4	5	6	7	8	9	10		
Comments:											
1	2	3	4	5	6	7	8	9	10		
Comments:											
1	2	3	4	5	6	7	8	9	10		
Comments:											
1	2	3	4	5	6	7	8	9	10		
Comments:											

Snowplow Skill

Terrain: *More difficult, moguled*

Performance Objectives:

1. Maintains BALANCE, ski or rides with stability
2. Demonstrates effective use of EDGES
3. Uses ROTARY movements to steer skis or the board at the appropriate point of the turn or skill maneuver
4. Applies effective PRESSURE throughout the turn or skill maneuver
5. Maintains awareness for safe SPEED and consistency as appropriate for people, terrain and conditions
6. Demonstrates snowplow over terrain changes
7. Demonstrates consistent speed in all direction changes and terrain changes
8. Stops in a snowplow position (skiing specific) or with a "hockey stop" maneuver at the end of the course
9. SNOWBOARDERS shall ride heel side through entire demonstration

Critical Standard:

Does the candidate maintain effective movement by slipping the edge(s) with minimal railing during terrain changes and performs a controlled stop at the end?

Slope:	Date:
Conditions:	

Equipment Carry

										Score	Name
1	2	3	4	5	6	7	8	9	10		
Comments:											
1	2	3	4	5	6	7	8	9	10		
Comments:											
1	2	3	4	5	6	7	8	9	10		
Comments:											
1	2	3	4	5	6	7	8	9	10		
Comments:											
1	2	3	4	5	6	7	8	9	10		
Comments:											

Snowplow Skill

Terrain: *More difficult, moguled*

Performance Objectives:

1. Maintains BALANCE, ski or rides with stability
2. Demonstrates effective use of EDGES
3. Uses ROTARY movements to steer skis or the board at the appropriate point of the turn or skill maneuver
4. Applies effective PRESSURE throughout the turn or skill maneuver
5. Maintains awareness for safe SPEED and consistency as appropriate for people, terrain and conditions
6. Demonstrates snowplow over terrain changes
7. Demonstrates consistent speed in all direction changes and terrain changes
8. Stops in a snowplow position (skiing specific) or with a "hockey stop" maneuver at the end of the course
9. SNOWBOARDERS shall ride heel side through entire demonstration

Critical Standard:

Does the candidate maintain effective movement by slipping the edge(s) with minimal railing during terrain changes and performs a controlled stop at the end?

Slope:	Date:
Conditions:	

Equipment Carry

										Score	Name
1	2	3	4	5	6	7	8	9	10		
Comments:											
1	2	3	4	5	6	7	8	9	10		
Comments:											
1	2	3	4	5	6	7	8	9	10		
Comments:											
1	2	3	4	5	6	7	8	9	10		
Comments:											
1	2	3	4	5	6	7	8	9	10		
Comments:											

Equipment Carry

Terrain: More to most difficult

Performance Objectives:

1. Maintains BALANCE, ski or rides with stability
2. Demonstrates effective use of EDGES
3. Uses ROTARY movements to steer skis or the board at the appropriate point of the turn or skill maneuver
4. Applies effective PRESSURE throughout the turn or skill maneuver
5. Maintains awareness for safe SPEED and consistency as appropriate for people, terrain and conditions
6. Confidently demonstrates control
7. Confidently demonstrates linked turns or skill maneuvers
8. Demonstrates adaptability to terrain changes
9. Equipment held or wrapped securely
10. Demonstrates awareness for trail merges and skiing public

Critical Standard:

Does the candidate demonstrate confidence and ability in changing snow surfaces and terrain with a variety of turns and skill maneuvers?

Slope:	Date:
Conditions:	

Snowplow Skill

										Score	Name
1	2	3	4	5	6	7	8	9	10		
Comments:											
1	2	3	4	5	6	7	8	9	10		
Comments:											
1	2	3	4	5	6	7	8	9	10		
Comments:											
1	2	3	4	5	6	7	8	9	10		
Comments:											
1	2	3	4	5	6	7	8	9	10		
Comments:											

Equipment Carry

Terrain: More to most difficult

Performance Objectives:

1. Maintains BALANCE, ski or rides with stability
2. Demonstrates effective use of EDGES
3. Uses ROTARY movements to steer skis or the board at the appropriate point of the turn or skill maneuver
4. Applies effective PRESSURE throughout the turn or skill maneuver
5. Maintains awareness for safe SPEED and consistency as appropriate for people, terrain and conditions
6. Confidently demonstrates control
7. Confidently demonstrates linked turns or skill maneuvers
8. Demonstrates adaptability to terrain changes
9. Equipment held or wrapped securely
10. Demonstrates awareness for trail merges and skiing public

Critical Standard:

Does the candidate demonstrate confidence and ability in changing snow surfaces and terrain with a variety of turns and skill maneuvers?

Slope:	Date:
Conditions:	

Snowplow Skill

										Score	Name
1	2	3	4	5	6	7	8	9	10		
Comments:											
1	2	3	4	5	6	7	8	9	10		
Comments:											
1	2	3	4	5	6	7	8	9	10		
Comments:											
1	2	3	4	5	6	7	8	9	10		
Comments:											
1	2	3	4	5	6	7	8	9	10		
Comments:											

Transition Skill

Terrain: Most difficult, moguled

Performance Objectives:

1. Maintains BALANCE, ski or rides with stability
2. Demonstrates effective use of EDGES
3. Uses ROTARY movements to steer skis or the board at the appropriate point of the turn or skill maneuver
4. Applies effective PRESSURE throughout the turn or skill maneuver
5. Maintains awareness for safe SPEED and consistency as appropriate for people, terrain and conditions
6. Maintains a fall line "corridor" decent
7. Demonstrates consistent speed during all direction changes and terrain changes
8. Changes direction using a braking edge maneuver (not by turning)
9. SNOWBOARDERS shall demonstrates consistent speed during direction changes, going from one braking edge to the other while spinning the board

Critical Standard:

Does the candidate maintain effective movement while changing direction and not deviating from the "fall line" corridor?

Slope:	Date:
Conditions:	

Transition Skill

										Score	Name
1	2	3	4	5	6	7	8	9	10		
Comments:											
1	2	3	4	5	6	7	8	9	10		
Comments:											
1	2	3	4	5	6	7	8	9	10		
Comments:											
1	2	3	4	5	6	7	8	9	10		
Comments:											
1	2	3	4	5	6	7	8	9	10		
Comments:											

Transition Skill

Terrain: Most difficult, moguled

Performance Objectives:

1. Maintains BALANCE, ski or rides with stability
2. Demonstrates effective use of EDGES
3. Uses ROTARY movements to steer skis or the board at the appropriate point of the turn or skill maneuver
4. Applies effective PRESSURE throughout the turn or skill maneuver
5. Maintains awareness for safe SPEED and consistency as appropriate for people, terrain and conditions
6. Maintains a fall line "corridor" decent
7. Demonstrates consistent speed during all direction changes and terrain changes
8. Changes direction using a braking edge maneuver (not by turning)
9. SNOWBOARDERS shall demonstrates consistent speed during direction changes, going from one braking edge to the other while spinning the board

Critical Standard:

Does the candidate maintain effective movement while changing direction and not deviating from the "fall line" corridor?

Slope:	Date:
Conditions:	

Transition Skill

										Score	Name
1	2	3	4	5	6	7	8	9	10		
Comments:											
1	2	3	4	5	6	7	8	9	10		
Comments:											
1	2	3	4	5	6	7	8	9	10		
Comments:											
1	2	3	4	5	6	7	8	9	10		
Comments:											
1	2	3	4	5	6	7	8	9	10		
Comments:											