

# FUNDAMENTALZ SKILLS REPORT

**Skier:**
**Coach:**
**Club:**
**Date:**
**COACHES CHECK ALL BOXES THAT ATHLETES HAVE ACHIEVED!**

SKILLS	Learning...	You Did It!	Stomped!
<b>SKIING</b>			
<b>Freeskiing</b>	Balanced Parallel Skier – can hop in all points of the turn <input type="checkbox"/>	Initiates the turn with lower body and weights the outside ski <input type="checkbox"/>	Carves ski edge through most of the turn with steady timing <input type="checkbox"/>
<b>Skiing Switch</b>	Basic switch wedge turns on green runs <input type="checkbox"/>	Switch skiing parallel in some of the turn on blue terrain <input type="checkbox"/>	Switch parallel turns on blue terrain <input type="checkbox"/>
<b>Spinning on Snow</b>	180's on snow <input type="checkbox"/>	360's on snow <input type="checkbox"/>	Surface buttering on the flats <input type="checkbox"/>
<b>Skiing with Control</b>	Taps ski through all phases of the turn <input type="checkbox"/>	Skis varied conditions (ice/powder/or chopped snow) <input type="checkbox"/>	Use turn shape to control speed on blue or black terrain <input type="checkbox"/>
<b>Coach Comments: Skiing</b>	Skiing skills you are doing well:		
	What to work on next:		

<b>MOGULS</b>			
<b>Moguls Stance on Groomed Terrain</b>	Shows moguls stance off skis <input type="checkbox"/>	Shows moguls stance medium radius turns on green/blue groomed terrain <input type="checkbox"/>	Short radius turns with mogul body position on blue terrain <input type="checkbox"/>
<b>Absorption and Stance</b>	Working on stance and absorption in very easy green moguls <input type="checkbox"/>	Good absorption with lower body and shows moguls stance in roller tank <input type="checkbox"/>	Good absorption with lower body and shows mogul stance in easy green moguls <input type="checkbox"/>
<b>Coach Comments: Moguls</b>	Moguls skills you are doing well:		
	What to work on next:		

**Continue to Jumping and Terrain Park Report**



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Skier: \_\_\_\_\_

**COACHES CHECK ALL BOXES THAT ATHLETES HAVE ACHIEVED!**

SKILLS	Learning...	You Did It!	Stomped!
<b>JUMPING</b>			
<b>Take-off</b>	Partially extends off x-small jump with inconsistent balance <input type="checkbox"/>	Mostly extends off small jump, maintains more consistent balance <input type="checkbox"/>	Fully extends of small jump, maintains balance <input type="checkbox"/>
<b>Spinning</b>	Has attempted a 180° in one direction off an x-small jump <input type="checkbox"/>	180° in both directions off an x-small or small jump <input type="checkbox"/>	180° spinning both directions with confident lift and switch skiing out <input type="checkbox"/>
<b>Air and Landing</b>	Working on balance in air and landing, trying spread eagle and/or tuck jump <input type="checkbox"/>	Balanced and controlled in the air, trying single upright tricks and/or grabs, working on consistent balance on landing <input type="checkbox"/>	Confident lift on take-off, and clean upright tricks and/or grabs with balanced landings <input type="checkbox"/>
<b>Coach Comments: Jumping</b>	Air skills you are doing well:		
	Air Skills to work on next:		

<b>TERRAIN PARK</b>			
<b>Safety</b>	Some awareness of Terrain Park Etiquette and safety <input type="checkbox"/>	Awareness of Terrain Park Etiquette, needs to work on managing terrain and flow safely <input type="checkbox"/>	Consistent awareness of Terrain Park Etiquette and manages terrain and flow safely <input type="checkbox"/>
<b>Boxes</b>	Can ride a box straight, attempting sideways with a spotter <input type="checkbox"/>	Can confidently ride a box straight, and is attempting sideways <input type="checkbox"/>	Can ride a box sideways with control and strong exit skills <input type="checkbox"/>
<b>Wall features</b>	Rides up wall and skis down in control <input type="checkbox"/>	Rides up wall and 180° turn in air and may be attempting Alley-Oop <input type="checkbox"/>	Rides wall with good use of edges, 180° turns and/or Alley-Oops with proper timing of take off <input type="checkbox"/>
<b>Coach Comments: Terrain Park</b>	Terrain park skills you are doing well:		
	What to work on next:		

**ADDITIONAL COACH'S COMMENTS:**