Special Olympics Coaching Quick Start Guide

ALPINE SKIING

Special Olympics

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Special Olympics welcomes your ideas and comments for future revisions of this guide. We apologize if, for any reason, an acknowledgement has been inadvertently omitted.

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Essential Components of Planning an Alpine Skiing Training Session

Each training session needs to contain the same essential elements. The amount of time spent on each element will depend on the goal of the training session, the time of season the session is in and the amount of time available for a particular session. The following elements need to be included in an athlete's daily training program. Please refer to the noted sections in each area for more in-depth information and guidance on these topics.

- ❑ Warm-ups
- ❑ Previously taught skills
- ❑ New skills
- ❑ Competition experience
- ❑ Cool-downs
- ❑ Feedback on performance

The final step in planning a training session is designing what the athlete is actually going to do. Remember when creating a training session using these key components, the progression through the session allows for a gradual buildup of physical activity.

1. Easy to difficult
2. Slow to fast
3. Known to unknown
4. General to specific
5. Start to finish

Principles of Effective Training Sessions

Initiative	Outcome
Keep all athletes active	Athlete needs to be an active participant
Create clear, concise goals	Learning improves when athletes are aware of what is expected of them
Give clear, concise instructions	Demonstrate – increase accuracy of instruction
Record progress	You and your athletes chart progress together
Give positive feedback	Emphasize and reward things the athlete is doing well
Provide variety	Vary exercises – prevent boredom
Encourage enjoyment	Training and competition is fun – help keep it this way for you and your athletes
Create progressions	Learning is increased when information progresses from: • Known to unknown – discovering new things successfully • Simple to complex – seeing that "I" can do it • General to specific – this is why I am working so hard
Plan maximum use of resources	Ensure that athletes have equipment that is appropriate for their ability level and up to current safety standards
Allow for individual differences	Different athletes, different learning rates, different capacities

Tips for Conducting Safe Training Sessions

Though the risks can be few, coaches have a responsibility to ensure that athletes know, understand and appreciate the risks of Alpine skiing. The safety and well-being of athletes are the coaches' primary concerns. Accidents may occur if coaches forget to take safety precautions. It is each coach's responsibility to minimize the occurrence of injuries by providing safe conditions for training and competition. Athletes must be made aware of the risks associated with Alpine skiing.

- ❑ Establish clear rules for behavior at the first training session, and enforce them:

  Listen to the coach.

  Ask the coach before you leave the training session.
- ❑ Establish appropriate communication with training venue, including ski patrol.
- ❑ Warm up and stretch properly at the beginning and end of each training session.
- ❑ Make sure athletes have access to water to drink.
- ❑ Make sure medical services are available.
- ❑ Train all athletes and coaches on emergency procedures.
- ❑ Make sure certified technicians are available to make adjustments to equipment.
- ❑ Choose a safe area. Do not practice in areas that are not properly prepared for training.
- ❑ Practice on slopes that are appropriate to the skill level of your athletes.
- ❑ Train to improve the general fitness level of your skiers. Physically fit skiers are less likely to get injured. Make sure your training sessions are active.

Alpine Skiing Attire

Selection of proper clothing for Alpine skiing training and competition should be based on safety and comfort first and function second – and all at affordable prices. It is important that warmth and comfort come before style and fashion. The winter season is characterized by many extremes in weather and the "wind chill" factor. Movement in Alpine skiing increases the effect of the cold. The two most important principles of dressing for skiing are to maintain body heat and keep dry. Clothing and accessories should be combined to provide warmth and protection from moisture, wind, cold and sun. The amount of still air trapped in the clothing determines how warm the skier will feel. Layering clothing will provide more trapped air and increase warmth. It has been stressed to dress properly for cold days; however, it is equally important to dress appropriately on warmer or spring-like days. Overdressing may cause undue heat fatigue; therefore, on warmer days dress with lighter layers.

Under Layers

Long Underwear

The best long underwear is made of either capinene or polypropylene. These are both synthetic fibers that allow the moisture to evaporate from the skin while keeping the skier warm even during vigorous exercise.

Socks

Two pairs of socks, preferably thin microfibre ski socks. The thin sock allows for air circulation inside the boot to keep the feet warm and dry. The second pair of socks is to change into at mid-day. This will keep the feet dryer and warmer and help prevent frostbite.

Turtleneck Shirt

A turtleneck shirt is the most practical ski shirt because it is snug at the neck and wrist, which is good for maintaining body heat. A turtleneck can also be used to cover the lower face on cold days.

Sweaters

Appropriate winter clothing in layers will provide warmth and options if the weather changes. Fabric that allows moisture to wick away from the body is recommended (not cotton).

Outer Layers

Ski Pants

Stretch ski pants worn over long underwear provide warmth and give support to the legs. The pants should be snug, yet allow for a full range of motion in the legs. If stretch ski pants are hard to find at a reasonable price, consider warm-up or wind pants over long underwear.

Insulated ski pants provide additional warmth and protection on cold days. Bib-overall ski pants provide extra warmth and are great for keeping athletes dry.

Jackets

Jackets protect the torso from wind, moisture and heat loss. There are many good moderately-priced, waterproof jackets on the market today made with Gore-Tex and insulated with fiberfill or Polarguard. A hip-length jacket is most practical for comfort and skiing movements, and a hood provides further protection in cold, windy or wet conditions.

Gloves or Mittens

Gloves or mittens that are specifically designed for Alpine skiing are essential. The hands are the first part of the body to get cold, and having cold hands is not conducive to successful skiing. Mittens are warmer, but gloves are more versatile.

Helmets

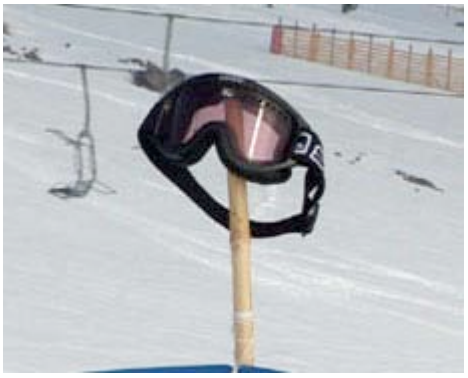
A helmet appropriate for Alpine ski racing shall be required on all athletes and coaches in official training and competition for all ability levels. Helmet selection should be made with the help of a knowledgeable Alpine coach or ski shop employee. Ski helmets are safety equipment and must fit properly to protect an athlete from head injury.

Hats

A hat that covers the head and both ears should be worn to retain body heat.

Goggles

Goggles protect the eyes from the glare of the sun reflected off of the snow and should be worn at all times. Goggles also block the wind and improve visibility when it is snowing. Goggles should be worn when athletes are training or competing in gates, because they provide proper eye protection. Polarized goggle lenses offer the best eye protection.



Accessories

Vest

During cold weather a vest can supply an extra layer, and during mild weather it may replace a ski jacket.

Ski Mask/ Neck Warmer

A ski mask/ neck warmer can help keep chin, nose and cheeks dry and warm. On extremely cold days a face mask or neck warmer up to the goggles must be worn to prevent frostbite.

Sunscreen

Sunscreen helps prevent windburn and sunburn as it blocks out harmful rays either directly from the sun or reflected from the snow.

Rain Gear

Rain gear may be necessary if the athlete lives in an area where rain during the winter is common. A hooded rain jacket and pants may make a difference in comfort while keeping the athlete dry.

Alpine Skiing Equipment

Alpine skiing requires the type of sporting equipment below. It is important for athletes to be able to recognize and understand how equipment for the specific events works and impacts their performance. Have your athletes name each piece of equipment as you show it and give the use for each. To reinforce this ability within them, have them select the equipment used for their events as well.

Ski Boots

Ski boots that hurt can spoil the ski experience, cause injury and prohibit success in the sport. Modern ski boots require one pair of thin ski socks. It is strongly recommended to have ski boots fitted by a qualified boot fitter. It will increase the athlete's performance and enjoyment of the sport and help prevent injuries. When helping the athletes put their boots on at the hill, pull out the tongue of the boot to prevent having to jam the foot into the boot. If possible, have the athletes put their ski socks on when they arrive at the hill to prevent them from being wet with perspiration; this will help keep the feet warm and dry. Boots that have good flex (forward bending) motion are recommended.

Bend the knee and ankle forward, pressing the lower leg against the tongue of the boot. The boot should bend or "flex" while keeping or holding the heel in the heel pocket. This forward action of the legs and ankles is necessary for good balance and good skiing. Make certain the bindings are adjusted properly to the boots on the skis.

Skis

The ski length will vary with the ability and size of the athlete. Skis should be at the athlete's chin height. If the athlete is weaker, has poor motor skills and/or is a beginner, a slightly shorter ski is recommended. Every ski has four characteristics that determine how it will perform for different people with different needs:

Length affects the stability of the ski and its ability to turn. A longer ski will be more stable at higher speeds, while a shorter ski turns more easily.

Camber is the bend or "bow" in the ski when the two bases are put together. The function of camber is to distribute the weight of the skier along the entire running surface of the ski.

Sidecut is the dimension of a ski whereby the width of the tip and tail is wider than the middle of the ski.

Flex is the springy resistance of the ski on snow. A stiff ski is more difficult to flex than a soft ski. Heavier and stronger skiers need stiffer skis than lighter skiers.

NOTE: In selecting skis, it is important to get advice from experts. One pair of skis is NOT suitable for all types of skiing and racing.

Bindings

Bindings hold the ski boots to the skis and allow a skier to come out or off of the skis if in trouble. Binding adjustments should be set by a qualified technician. The settings are determined by the athlete's weight, ability level and type of ski. Always have the binding settings checked at the beginning of each season and periodically throughout the season.

Poles

The most important consideration for poles is their length. They must be the proper length for each skier. For proper sizing, turn the pole over so that the tip is facing up. Grab the pole under the basket. With the elbow bent, the skier's arm should be parallel to the ground. Poles may be important for timing and balance.

Teaching Alpine Skiing Rules

The best time to teach the rules of Alpine skiing is during practice. Please refer to the official *Special Olympics Alpine Skiing Rules* for the complete listing of Alpine skiing rules. As a coach, it is your responsibility to know and understand the rules of the sport. It is equally important to teach your athletes the rules that enable them to compete in Alpine skiing. A coach must maintain current copies of the official *Special Olympics Alpine Skiing Rules* and also The International Ski Federation - Fédération Internationale de Ski (FIS) ICR (*The International Ski Competition Rules*) which can be found at www.fisski.com.

Protest Procedures

Protest procedures are governed by the rules of competition and may change from competition to competition. Only rules violations can be protested. Judgment calls made by officials or divisioning decisions cannot be protested. The protest must be written, site a specific violation from the rules and state why the coach feels the rule was not followed.

Check with the competition team prior to a competition to learn the protest procedures for that competition. The protest period is time sensitive. Coaches should be aware of the impact on their athletes and competition time schedule.

The role of the competition management team or jury is to enforce the rules. As a coach, your duty to your athletes and team is to protest any action or events while your athletes are competing that you think violated the official Alpine Skiing Rules. It is extremely important that you do not make protests because you and your athlete did not get your desired outcome of an event. Filing a protest is a serious matter that may impact a competition.

Alpine Skiing Protocol & Etiquette

The following are rules that are to be applied to all people on the slopes:

Always stay in control and be able to stop or avoid other people or objects.

People ahead of you have the right of way. It is your responsibility to avoid them.

You must not stop where you obstruct a trail or are not visible from above.

Whenever starting downhill or merging into a trail, look uphill and yield to others uphill from you.

Always use devices to help prevent runaway equipment.

Observe all posted signs and warnings. Keep off closed trails and out of closed areas.

Prior to using any lift, you must have the knowledge and ability to load, ride and unload safety.

During Training

For Coaches

Arrive at training facility 15 minutes before the scheduled start time.

Come prepared to coach. Know and understand the rules.

Ensure that athletes are wearing appropriate clothing and have proper equipment before training begins.

Ensure that athletes participate in warm-ups, stretching and drills.

Have a copy of an up-to-date medical for every athlete.

Treat all athletes in the same manner.

Speak calmly when giving instructions or corrections.

Call Alpine skiers by their first names.

Answer the athletes' questions in a respectful and reassuring tone.

Treat others as you would wish to be treated: Please be considerate of other skiers and/or snowboarders on the hill.

Set rules and expectations for all athletes and coaches.

Respect nature: Don't throw trash on slopes; don't ski in closed areas.

For Athletes

Come prepared and on time to training.

Notify coach if not able to attend training.

Wear appropriate clothing and have proper equipment.

Give your best effort.

Treat others as you would wish to be treated: Please be considerate of other skiers and/or snowboarders on the hill.

Notify coach of illness or injury.

Be supportive of your fellow athletes.

Respect nature: Don't throw trash on slopes; don't ski in closed areas.

During Competition

For Coaches

Know where athletes are during the competition.

Get score sheets and other paperwork done on time or early.

Review all competition rules and procedures.

Attend all coaches' meetings.

Encourage your athletes to compete to the best of their ability at all times.

Practice the Honest Effort Rule.

Ensure that athletes are wearing appropriate clothing and have proper equipment before competition begins.

Ensure that you are properly prepared by having the following:

- Start lists
- Bibs
- Competition schedule
- Radio/ cell phone
- Lift tickets
- Emergency/ Injury Plan

Have a copy of an up-to-date medical for every athlete.

Treat all competition staff with respect. Remember, they are also volunteers.

Maintain a calm demeanor throughout the competition.

Never use foul language or raise your voice in an angry tone.

Thank the competition staff and officials.

Set rules and expectations for all athletes and coaches.

For Athletes

Come prepared and on time.

Notify coach if not able to compete.

Wear appropriate clothing and have proper equipment.

Give your best effort.

Alpine Skiing Glossary

Term	Definition
Absorption	Flexion/extension movements of the body to absorb and even out the pressure variations on the skis that result from the dynamics of the turn or terrain variations.
Aerobic Training	Training to improve the cardiovascular (oxygen transport) system. Exercise sustained for three minutes or longer. It is the fundamental basis for most forms of physical conditioning; examples are running, hiking and bicycling.
Alpine Racing Disciplines	10-Meter Walk, Glide, Super Glide, Slalom, Giant Slalom and Super G events.
Anaerobic Training	Training to improve the body's energy system that functions at a level of intensity so high that oxygen can no longer be converted to energy rapidly enough; thus the body must rely on stored energy. Requires a maximal effort of up to one minute duration. Examples are slalom skiing, sprints and athletics.
Angulation	Creating lateral angles with the knees, ankles, hips and upper body to balance or turn on an edged ski.
Arc	The track of a turn remaining on the snow.
Banking	Inclining or leaning the entire body to put the ski on its edge.
Bi-ski	A bucket suspended over two skis, in which the athlete, without use of his/her arms and legs, sits. A bi-ski may be tethered by a qualified stand-up skier.
Carved Turn	A turn where the tail of the ski follows in the track of the tip of the ski.
Center of Mass	That point of the body where, for analysis of the dynamics of movement, all of the body's mass may be considered to reside. Usually this point is in the region of the navel; as the body flexes and assumes different postures, the center of mass moves around. Also called center of gravity.
Christy Turn	A turn during which the skis skid at the same time on corresponding edges. (Corresponding means either both left or both right edges, as viewed by the skier.)
Counter Rotation	The movement of twisting the torso and legs in opposite directions concurrently.
Cross-Over	Moving the body's center of mass forward and over the skis in the direction of the new turn.
Crud	Varied snow conditions that exist on tracked powder snow or ungroomed spring snow.
DIN	The setting on your ski bindings that indicates the force required to release the your ski boot.
DNF	Did Not Finish
DNS	Did Not Start
DSQ or DQ	Disqualified

Term	Definition
Edging	Placing the edge of the ski at an angle to the snow surface.
Extension	Any movement resulting in an increase of a joint angle (i.e., the angle between two adjacent parts of a limb).
Fall Away Turn	Turns made on a side hill.
Fall Line	The imaginary line down a slope, where gravity and terrain would allow a ball to roll down the hill. Skiers achieve their greatest speed when in the fall line.
FIS	The abbreviation for Federation International de Ski, the organization that regulates all international amateur ski competition.
Flex Pole	A plastic gate that is hinged at snow level.
Flexion	Any movement resulting in a decrease of a joint angle.
Fundamentals	Basic components of good skiing.
Footbed	An insole or orthotic placed inside a ski boot that helps to align the foot, ankle, knee and hip for a balanced stance.
Forerunner	A skier who skis a race course before the competitors do, in order to determine if the course is safe and ready for competition.
Garland	A series of short turns across a hill in one direction.
Gate	A pair (Slalom) or two pairs (Giant Slalom or Super-G) of poles holding gate flags that establish an imaginary line across which a skier must pass on a race course.
Glide	Skiing on as flat a ski as possible.
Groomed	Snow that has been mechanically prepared.
Guide	A trained skier who communicates information to a visually impaired skier.
Inclination	Banking or leaning the entire body to put the ski on its edge.
Initiation Phase of a Turn	The movement in the direction of a new turn that prompts edge change.
Inside Ski	The ski closest to the center of the turn.
Isometric Exercise	Muscle contraction using resistance and no joint movement.
Isotonic Exercise	Dynamic muscle contraction involving joint movement; i.e., calisthenics.
Jury	The officials principally responsible for ensuring that the race is fair and safe for all competitors.
Line	The path taken through the gates.
Long Radius	Turns as in Giant Slalom and Super-G.
Mono-ski	A bucket suspended over one ski, with a shock absorbing system, in which the athlete, without use of his/her legs, sits.

Term	Definition
Open Gate	A gate that is set horizontal to the direction of the course.
Outrigger	A crutch type support (also known as a "Canadian Crutch'") with a small ski on the end, for skiers needing additional support for balance.
Outside Ski	The ski farthest from the center of the turn.
Pole Plant	Used as a timing device in a turn.
Pressure	Management of the appropriate weight distribution on the ski.
Race Line	The fastest path taken through the gates.
Referee	A member of the jury.
Rise Line	The imaginary line, in the fall line, above the turning pole in a race course; it is used by coaches to determine turn shape.
Rotation	Lower body function of the legs and feet that determines the turn shape appropriate to the terrain.
Short Radius	Small turns as in slalom turns.
Side Cut	The design of a ski in which the waist (middle) of the ski is narrower than the tip and the tail.
Sideslipping	The movement of parallel skis sliding perpendicularly down the hill by releasing the edges and flattening out the skis.
Skidded Turn	A turn where the tail of the ski does not follow in the track made by the tip of the ski.
Ski Flex	The bending of an edged and pressured ski.
Slalom	A race where the skier goes in and out of poles (gates) planted in the snow.
Snowplow Turn	See Wedge Turn.
Speed Events	Downhill or Super G.
Start Wand	The device in the starting gate that is located about knee level that activates the timing equipment.
Static	Skiing position that lacks movements.
Stubbies	Cut-off slalom or flex poles used for training drills.
Tactics	The line chosen to ski through a gate or over varying terrain.
TD	Abbreviation for Technical Delegate, who is the head of the jury. This person makes certain that the race is safely and properly conducted.
Technical Events	Slalom or Giant Slalom.
Technique	The choice made among the movement options available to accomplish a given goal.

Term	Definition
Tether	A ropelike restraint used as a safety measure. The action of managing a skier with a 12- to 20-foot line.
Terrain Course	A course designed to have many of the terrain components found in free skiing, such as bumps, rolls, jumps, ducking poles and offset ripples.
Traverse	Skiing across the hill from one side to the other on an edged ski.
Tuck	The aerodynamic position that Downhill and Super G racers use to achieve more speed.
Turning Pole	In a gate, the inside gate pole around which the racer skis.
Wax Room	A place set up by coaches and parents where athletes can work on their skis.
Wedge	A position of the skis on the snow where the tips are close together and the tails are fanned out.
Wedge Turn	Also called the snowplow turn. Its an elementary turn with the skis in a wedge position where the tips of the skis are closer than the tails.

Appendix: Skill Development Tips

Beginner Skier

The ability level of the beginner skier ranges from an athlete who has no experience with the sport to an athlete who can perform controlled linked turns on a novice course. The beginner skier will start to ski on the flat terrain in a controlled learning environment and progress to the easiest slope on the mountain. Typically the beginner skier will compete in the 10 Meter Walk, Glide and Super Glide, whenever appropriate.

Skill Progression – Beginner Skier

Your Athlete Can	Never	Sometimes	Always
Put on equipment	☐	☐	☐
Walk in ski boots	☐	☐	☐
Walk in ski boots on snow	☐	☐	☐
Walk on skis on snow	☐	☐	☐
Side step	☐	☐	☐
Perform a Straight run/ Straight wedge	☐	☐	☐
Wedge turn or flat ski turn to a stop	☐	☐	☐
Ride on a lift (lift awareness)	☐	☐	☐
Perform controlled linked turns on the easiest terrain	☐	☐	☐
Totals			

Put on Equipment

Athlete learns to put on equipment: clothing, accessories, helmet, boots, skis and sometimes poles (depending on the athlete).

Teaching Points – Put on Equipment

1. Coach introduces all equipment to athletes before going out onto snow.
2. Coach assists athlete, as necessary, with putting on appropriate clothing.
3. Coach assists athlete, as necessary, with putting on helmet.
4. Coach assists athlete, as necessary, with putting on ski boots.
5. Coach assists athlete, as necessary, with stepping into the binding, before going out onto snow.
6. Coach ensures that all equipment fits the athletes properly, with the assistance of a qualified equipment technician.
7. Coach checks athlete for a balanced and centered stance.
8. Coach introduces flexion and extension of the knees and ankles.
9. Coach may introduce ski poles to the athlete, when necessary.

Walk in Ski Boots

Athlete can walk independently in ski boots.

Teaching Points – Walk in Ski Boots

1. Coach identifies if an athlete feels comfortable walking independently in ski boots.
2. Athlete can stand on one foot while wearing ski boots.
3. Athlete can climb stairs while wearing ski boots.
4. Athlete can hop while wearing ski boots.
5. Athlete can walk on snow in ski boots.
6. Athlete can carry skis while walking on snow in ski boots.

Walk on skis on snow

Athlete can walk independently (forward, backward and in a circle) on skis on flat terrain. Once your athlete completes this task, he or she may be able to train and compete in the 10 Meter Walk event as outlined in the official *Special Olympics Alpine Skiing Rules*.

Teaching Points – Walk on Skis on Snow

1. Athlete can step into the binding, on snow.
2. Athlete can walk independently on one ski on flat terrain.
3. Athlete can walk independently on one ski, forward, on flat terrain.
4. Athlete can walk independently on one ski, backward, on flat terrain.
5. Athlete can walk independently on one ski, in a circle, on flat terrain.
6. Athlete can walk independently on two skis on flat terrain.
7. Athlete can walk independently on two skis, forward, on flat terrain.
8. Athlete can walk independently on two skis, backward, on flat terrain.
9. Athlete can walk independently on two skis, in a circle, on flat terrain.
10. Athlete can train for the 10 Meter Walk event.
11. Athlete can compete in the 10 Meter Walk event.

Side step

Athlete can step sideways with skis perpendicular to the fall line of a hill. Athlete side steps from flat to easiest sloped terrain.

Teaching Points – Side Step

1. Athlete can step sideways on a flat terrain.
2. Athlete is introduced to skating on skis (edge awareness) on a flat terrain.
3. Athlete is introduced to terrain change.
4. Coach introduces the athlete to the fall line of a hill.
5. Athlete can step sideways up the easiest sloped terrain with skis perpendicular to the fall line of a hill.
6. Have the athlete repeat this practice while facing in the opposite direction.

Straight run/ Straight wedge

Athlete moves the skis into the fall line and slides down, on skis, the easiest terrain in a balanced, centered stance. Athlete performs the same action in a small wedge (skis are in a converging position in which the tips are closer than the tails). Once your athlete completes this task, he or she may be able to train and compete in the Glide event as outlined in the *Official Special Olympics Alpine Skiing Rules*.





Teaching Points – Straight run/ Straight wedge

1. Athlete side steps 10-15 side steps up the easiest terrain.
2. Athlete can move the skis into the fall line from a side step position (perpendicular to the fall line).
3. Athlete maintains a balanced, centered stance with hands out and forward, while sliding to a natural run-out.
4. Athlete flexes and extends the knees and ankles while sliding.
5. Athlete can vary the size of the wedge to control speed while sliding, when appropriate.
6. Athlete can move the skis out of the fall line to control speed while sliding, when appropriate.

Wedge turn to a stop or Flat ski turn to a stop

Athlete develops fundamental skills (balance, rotation, edge and pressure) necessary to change direction out of the fall line while on the easiest, most gentle terrain. Athlete learns to control speed by utilizing turn shape.




Teaching Points – Wedge turn to a stop

1. Starting in a shallow traverse, in a wedge position, the athlete will turn up the hill to a stop.
2. Starting in a shallow traverse in the other direction, in a wedge position, the athlete will turn up the hill to a stop.
3. With success, the athlete will repeat this maneuver while gradually starting closer to the fall line each time.
4. Starting in the fall line, with skis in a wedge, the athlete will steer the skis while moving until he/she is across the hill, out of the fall line, in one direction.
5. Starting in the fall line, facing the other direction, with skis in a wedge, the athlete will steer the skis while moving until he/she is across the hill, out of the fall line, in that direction.

Teaching Points – Flat ski turn to a stop

1. Starting in a shallow traverse, with skis parallel, the athlete will turn up the hill to a stop.
2. Starting in a shallow traverse in the other direction, with skis parallel, the athlete will turn up the hill to a stop.
3. With success, the athlete will repeat this maneuver while gradually starting closer to the fall line each time.
4. Starting in the fall line, the athlete will direct the skis across the hill while moving out of the fall line, in one direction.
5. Starting in the fall line, facing the other direction, the athlete will direct the skis across the hill while moving out of the fall line, in that direction.

Riding a ski lift (ski lift awareness)

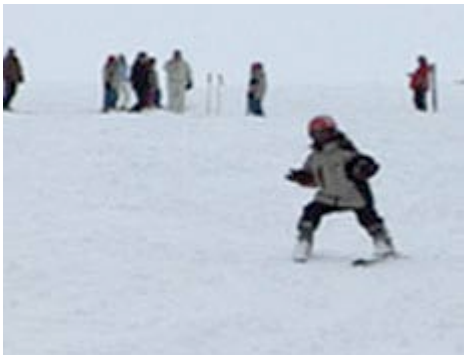
There may be a variety of ski lifts offered at ski areas around the world. At this level the athlete will use the ski lift that accesses the easiest terrain.

Teaching Points – Riding the ski lift (ski lift awareness)

1. Have your athlete watch other skiers using the ski lift so that he/she becomes more familiar with the process.
2. Simulate, with your athlete, lift procedures (getting on and getting off of the ski lift) and etiquette.
3. Communicate with the lift operators that your athlete is a new rider on the ski lift, and allow them to help your athlete.
4. When possible, the coach should ride with your athlete on the ski lift.
5. While on the ski lift, reiterate to your athlete the process of getting off of the ski lift.

Controlled linked turns on easiest terrain

Athlete can link turns, controlling speed and turn radius, on easiest terrain. Once your athlete completes this task, he/she may be able to train and compete in the Super Glide event as outlined in the *Official Special Olympics Alpine Skiing Rules*.

Teaching Points – Controlled linked turns on easiest terrain

1. Athlete can link a turn in one direction to a turn in the opposite direction with a slight rising motion toward the new turn as both skis are steered into the fall line; when appropriate, allow for a controlled stop.
2. Athlete's hips should remain centered over the ski, while the center of mass moves slightly to the inside of the turn.
3. Athlete can link turns with rhythm, flow and control from turn to turn.

Novice Skier

The ability level of the novice skier ranges from an athlete who can perform controlled linked turns on a novice course to an athlete who can perform Christie-type linked turns (skidded turns) on an intermediate course. The novice skier will refine his/her beginner skills on the easiest slope on the mountain.

Skill Progression – Novice Skier

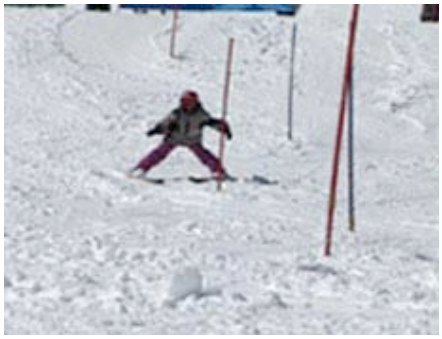
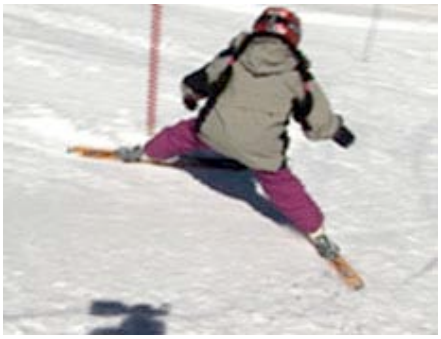
Your Athlete Can	Never	Sometimes	Often
Perform controlled linked turns on a novice course	☐	☐	☐
Develop necessary fundamental movement patterns through each turn	☐	☐	☐
Ski the easiest terrain on the mountain in control	☐	☐	☐
Vary turn shape and size	☐	☐	☐
Perform Christie-type turn (skidded turn)	☐	☐	☐
Perform Christie-type turn (skidded turn) on intermediate course	☐	☐	☐
Totals			

Controlled linked turns on a novice course

Athlete can ski on the easiest terrain, making rounded turns in both directions with rhythm and flow from turn to turn. Speed is under control for the entire length of the trail.





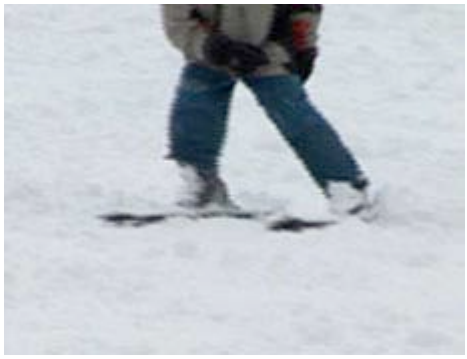

Teaching Points – Controlled linked turns on a novice course

1. Athlete can make rounded turns in both directions.
2. Athlete maintains speed control while turning.
3. Athlete can maintain speed control while turning as slope degree changes.
4. Athlete can maintain control while turning in a variety of snow conditions.
5. Athlete can understand moving between gates from red to blue.

Develop fundamental movement patterns through the turn

Athlete moves the center of mass smoothly through the turn in the direction of the new turn to initiate the new turn. Athlete is able to skid the skis through the end of the turn.






Teaching Points – Develop fundamental movement patterns through the turn

1. Athlete can move center of mass in the direction of the new turn.
2. Athlete flexes ankles as the skis move through the turn.
3. Athlete makes rounded turns.
4. Athlete transfers weight laterally from one ski to the other during the turn.

Ski the easiest terrain on the mountain under control

Athletes are able to ride the appropriate lift independently and ski all of the easiest terrain available. They will maintain rounded turn shape and speed control while skiing independently, if disability permits.

Teaching Points – Ski the easiest terrain on the mountain under control

1. Athlete can ride all appropriate lifts independently if/when appropriate.
2. Athlete can consistently make rounded turns on easiest terrain.
3. Athlete can stop immediately when needed.
4. Skiing the easiest terrain on the mountain is obviously in the comfort zone of the athlete.

Vary turn size and shape

Athlete can perform long, medium and short radius turn. Athlete is able to execute different shaped turns with a smooth transition.

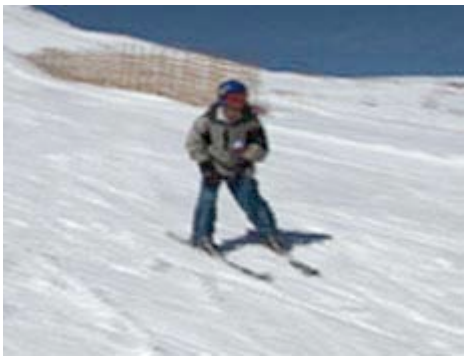



Teaching Points – Vary turn size and shape

1. Athlete can perform long, medium and shorter radius turns.
2. Athlete can maintain speed while changing radius of turns.
3. Athlete can ski around cones, gates or other obstacles as necessary.

Perform a Christie-type turn (skidded turn)

Athlete can move from a wedge turn to a skidded turn in both directions.

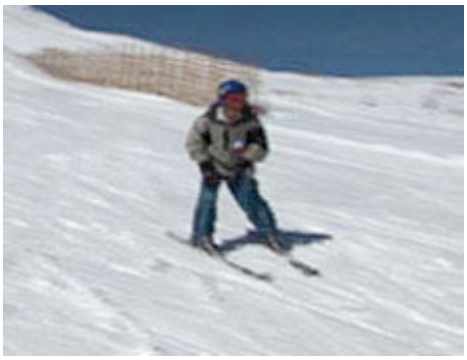


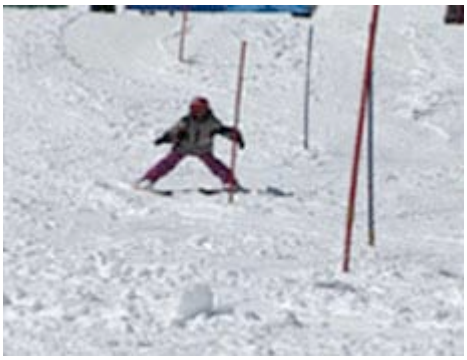

Teaching Points – Perform a Christie-type turn (skidded turn)

1. Athlete can do a traverse across the hill in both directions.
2. Athlete can do a forward sideslip in both directions.
3. Athlete can ski comfortably on the easiest terrain on the hill.
4. Athlete can do a wedge turn with a traverse at the end of the turn.
5. Athlete can do a wedge turn with a forward sideslip at the end of the turn.

Perform Christie-type linked turns (skidded turns) on an intermediate course

Athlete can perform skidded turns on intermediate terrain through gates on the same hill.






Teaching Points – Perform Christie-type linked turns (skidded turns) on an intermediate course

1. Athlete can perform Christie-type turns on intermediate terrain.
2. Athlete can maintain rounded turn shape while skiing on a course.
3. Athlete is comfortable with increased speed of the intermediate terrain.

Intermediate Skier

The ability level of the intermediate skier ranges from an athlete who can perform Christie-type linked turns (skidded turns) on an intermediate course to an athlete who can perform controlled open parallel turns on an intermediate course. The intermediate skier will continue to refine his/her skills on more difficult terrain.

Skill Progression – Intermediate Skier

Your Athlete Can	Never	Sometimes	Often
Perform Christie-type linked turns on an intermediate course	☐	☐	☐
Refine fundamental movement patterns through the turn	☐	☐	☐
Change radius of turns to suit snow conditions and terrain	☐	☐	☐
Perform controlled open parallel turns	☐	☐	☐
Perform controlled open parallel turns on an intermediate course	☐	☐	☐
Totals			

Perform Christie-type linked turns (skidded turns) on an intermediate course

Athlete can maintain Christie-type turns in both directions through an intermediate course. Speed control is maintained for the entire length of the course for safety.




Teaching Points – Perform Christie-type linked turns (skidded turns) on an intermediate course

1. Athlete can maintain Christie-type turns on varied terrain.
2. Athlete can vary the size or radius of the turn to maintain consistent speed.
3. Athlete can maintain consistent speed doing Christie-type turns on different pitches.
4. Athlete moves center of mass in the direction of the new turn.

Refine fundamental movement patterns through the turn

Athlete can move his/her center of mass though the turn in the direction of the new turn.

Teaching Points – Refine fundamental movement patterns through the turn

1. Athlete moves center of mass down the hill in the direction of the new turn.
2. Athlete skis with shoulders parallel to the slope of the hill.
3. Athlete maintains speed control through turn.
4. Athlete maintains balanced stance, with ankles flexed and hips over center of boot, through each turn.

Change radius of turns to suit snow conditions and terrain

Athlete can vary the size of the turns to maintain control while skiing on various terrains and/or in a variety of snow conditions.




Teaching Points – Change radius of turns to suit snow conditions and terrain

1. Athlete can perform long, medium and short radius turns.
2. Athlete can ski on a variety of terrain pitches at consistent speed.
3. Athlete can maintain balanced stance in multiple snow conditions.

Perform controlled open parallel turns

Athlete can ski with skis parallel throughout the turn on intermediate to beginning advanced terrain.





Teaching Points – Perform controlled open parallel turns

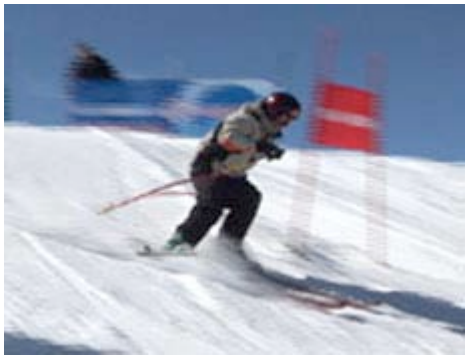
1. Athlete can keep parallel ski relationship throughout the turn and from turn to turn.
2. Athlete can maintain consistent speed on varied pitches.
3. Athlete maintains balanced stance throughout the turn.
4. Athlete uses pole swing to initiate turns.

Perform controlled open parallel turns on an intermediate course

Athlete can maintain skis parallel and balanced stance using fundamental movement patterns while on a course.








Teaching Points – Perform controlled open parallel turns on an intermediate course

Athlete can keep parallel ski relationship throughout the turn and from turn to turn while on the course.

1. Athlete projects his/her core in the direction of the turn, to flow downhill while on the course.
2. Athlete can maintain good hand position, up and in front, to enhance balance and good body position.
3. Athlete can maintain speed control on varied terrain.
4. Athlete can push out of the start gate.
5. Athlete can get into a tuck position for skiing over flats and through the finish.

Advanced Skier

The ability level of the advanced skier is an athlete who can perform controlled open parallel turns to an athlete who can perform controlled dynamic parallel turns on an advanced course. The advanced skier will refine his/her intermediate skills on the most difficult terrain.

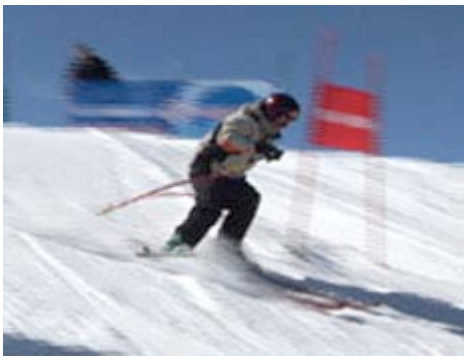
Skill Progression – Advanced Skier

Your Athlete Can	Never	Sometimes	Often
Perform consistent open parallel turns on an advanced course	☐	☐	☐
Increase and decrease speeds on difficult terrain	☐	☐	☐
Carve turns in a variety of shapes and snow conditions	☐	☐	☐
Perform dynamic parallel turns on an advanced course	☐	☐	☐
Totals			

Perform consistent open parallel turns on an advanced course

Athlete can ski on more advanced terrain with skis parallel throughout the turn.



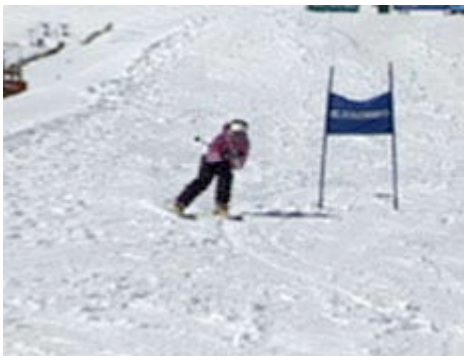




Teaching Points – Perform consistent open parallel turns on an advanced course

1. Athlete can maintain parallel ski relationship while on more advanced course.
2. Athlete can take an efficient, effective line through a course.
3. Athlete can maintain fundamental movements (centered stance, core moving in the direction of the new turn, hands in front) necessary to ski in control on advanced terrain.

Increase and decrease speeds on difficult terrain

Athlete can ski on more advanced terrain with skis parallel throughout the turn.

Teaching Points – Increase and decrease speeds on difficult terrain

1. Athlete can maintain consistent speed on varied degree of slope.
2. Athlete can push out of the start gate to accelerate the start.
3. Athlete can use edges to increase or decrease speed when necessary.
4. Athlete can do a proper tuck position for straightaways and going through the finish.
5. Athlete can skate over flat terrain.

Carve turns in a variety of shapes and snow conditions

Athlete can ski on more advanced terrain with skis parallel throughout the turn.






Teaching Points – Carve turns in a variety of shapes and snow conditions

1. Athlete can do carved long, medium and short radius turns.
2. Athlete can manage turn shape and speed control in a variety of snow conditions.
3. Athlete can smoothly transition between differing turn size and shapes as dictated by terrain or changes in pitch.

Perform dynamic parallel turns on an advanced course

Athlete can ski on more advanced terrain with skis parallel and on edge throughout the turn in most all conditions and terrain.

Teaching Points – Perform dynamic parallel turns on an advanced course

1. Athlete shows dynamic stance while racing on an advanced course.
2. Athlete is able to carve turns through the gates.
3. Athlete is able to do short radius turns.
4. Fundamental movements are consistent throughout the turns from top to bottom.

Special Olympics

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