



TRAINEE INTAKE SKI TEST CRITERIA

The ski test is held to assess a candidate's overall skiing ability. The priority is strength, with sound technique, competence, ski performance, endurance, stability and stamina being used as judging criteria.

Any style is acceptable providing good technique and control are evident. The style should be suited to modern equipment. All of the exercises will be explained and demonstrated by an examiner before testing. A fall in any exercise does not necessarily mean a failure.

Free Run

Aim is to demonstrate the standard of skiing required to competently ski anywhere on the mountain and be observed by the public. Site will be a steep and/or mogul terrain with the emphasis on strong functional skiing, making linked parallel turns (without traversing) that indicate a competent and aggressive (or dynamic) descent. The judging categories will be linked turns, overall control and edge control.

Control Run

Aim is to demonstrate functional skiing and a wide variety of technical skills, with the candidate showing ski control and ability to turn regardless of terrain. This test will be conducted on an intermediate to advanced terrain. All turns should be smooth and without traversing (constant turning of the ski). There will be 2 components:

Varying radius. The candidate is to execute a series (3-4) of short radius turns directly in the fall line then change smoothly to a series (3-4) of long radius turns then changing back to short radius and so on for the length of the slope showing controlled speed through the transitions. The criteria are overall control, transition and edge control.

Constant radius. The candidate is to execute continuous linked turns of a constant speed and with good control in a set corridor of intermediate to advanced terrain. Control and terrain absorption are essential with maximal ski to snow contact. The criteria are linked turns, terrain absorption and independent leg action.

Crud Run

Aim is to demonstrate strong, controlled skiing on adverse terrain. This test is held on an intermediate to advanced slope, typically soft snow or ice and the candidate is expected to demonstrate a safe, functional and controlled descent. The criteria are overall control, linked turns and strength.

Sideslip and Snowplough.

Aim is to demonstrate edge control and technique in basic skills required for running sleds. This test is held on an intermediate groomed slope. The descent should be in the fall-line. The criteria are overall strength, competency and control of speed in these two manoeuvres.

Definitions

Linked turns essentially means that there is no traversing between turns, and the finish of one turn leads into the initiation of the next, that is a smooth and progressive transition. Skidded zed turns are not acceptable.

Independent leg action is using each leg individually to fulfil specific functions and can be found in a narrow or wide stance, e.g. weight transfer, stepping, absorption of terrain.

Edge control is the adjustment of the angle between the ski and the snow and is controlled by the position of

the ankle, knee and hip as well as the overall centre of gravity. Edge control relates to carving in that turns are performed with minimal skidding/sliding.

Overall control means the use of sound technique to control the skis performance and therefore the speed and safety of the descent rather than the terrain or the skier controlling the skier. Emphasis is on ski to snow contact.

Strength reflects the amount of edge control, the way the skier attacks and uses the terrain and how comfortable the skier looks on his/her skis. This includes confidence, fitness and a good balanced body position.

Clarification & enquiries can be sent to the Training officer by email on training@thredboskipatrol.org.au