



ATHLETE PROGRESS REPORT

2010-2011 Season

Consolidating steering and sliding
 Maintaining front/back balance
 Learning lateral movement
 Developing vertical mobility
 All mountain experience
 Competitive Spirit

NGI PROGRAM

Skill • Speed • Reaction • Suppleness

<i>Developing the Skier</i>		April 2011			Coach Comments
		Introducing	Learning	Performing	
On-Snow Physical Challenges	Jumping forwards backwards and sideways with both feet				
	Spin 'on the spot' 360...left side and right side				
	Warming up with a jog, jumping jacks and lunges				
	Running from start to finish for your team in relay races				
Responsibility & Leadership	Perform warm up with coach; cool down routine and stretching with coach				
	Bring water bottle and healthy snack to <u>all</u> training sessions				
	Name <u>three safety rules</u> from the 'Alpine Responsibility Code'				
Psychological Skills	Two pre run questions: "what is your focus?" and "how?" prior to most runs				
	Tell your parents and coach a highlight at the end of every day				
Technical Skill Development	Natural and Mobile Athletic Stance in Linked Parallel Turns	Green			
	Lower body leads the turning effort in all turns	Green			
	Balance on edges in controlled, steered turns	Green			
Reaction & Decision Skills	Play the "copy cat" game - watching the coach, 5 positions in 30 seconds				
	Play the chase game with a partner on easy ungroomed terrain				
	Switch from one turn shape to another on the visual cue of the coach				
Technical & Athletic Skills	25 metre round trip skate on the flats	Flat			
	Link 20 rhythmical parallel turns on ' Homesteader '	Green			
	Link 20 rhythmical parallel turns on ' Eye Opener '	Blue			
	Demonstrate a hockey stop with a pole plant on ' Chinook '	Green			
	1000 steps drill on ' Homesteader '	Green			
	1000 hops drill on ' Homesteader '	Green			
	Link turns while skiing backwards on ' Homesteader '	Green			
	On-snow 180's in both directions on ' Elbow '	Green			
	On-snow 360's in both directions on ' Elbow '	Green			
	Pole plant in linked parallel turns...7 of 10 times	Green / Blue			
Absorbing and small pops off a small roller	Terrain Park				
Racing Skills (tactics)	Skating relay race - forwards and backwards - on the flats	Flat			
	Dual SL courses in brushes and stubbies	Green			
	Kombi Course with rhythm changes	Green			
	Introduction to proper start technique	Green			
	Demonstrate good tuck position while linking turns on flats	Green			