

Progress Report



STUDENT: _____

INSTRUCTOR: _____

SESSION: _____

Level 1 Skills

- I can walk with my skis on
- I am able to side step up the hill
- I am able to wedge to a gentle stop
- I can turn in both directions
- I can stay balanced and show good body position at all times
- BONUS!** I know the responsibility code

Level 2 Skills

- I have experience using chair lifts
- I can duck walk anywhere I need to go
- I can control my speed by turning up the hill
- I can ski green runs comfortably and match my skis at the end of the turn
- I am able to link turns on green slopes to control my speed

Progress Report



Level 3 Skills

- I can adapt my turn shape to control speed on varied terrain
- I am able to ski green runs using wide stance parallel turns
- I am able to do hockey stops on both sides
- I can ski blue runs with a parallel stance
- BONUS!** I know how and where to stop
I understand lift line etiquette
I understand how to merge and who has the right of way

Level 4 Skills

- I can maintain my balance & link parallel turns in small bumps and in powder runs
- I can make 15 fall-line short radius turns on blue runs
- I am able to ski with round parallel turns on black runs
- I make solid pole plants with proper timing and coordination
- I can safely pick my own line down blue runs and choose a safe stopping location

COMMENT: _____

RECOMMENED LEVEL FOR NEXT SESSION: _____