

# Progress Report

**snowboard**

STUDENT: \_\_\_\_\_

INSTRUCTOR: \_\_\_\_\_

SESSION: \_\_\_\_\_

## Level 1 Skills

- I can do a straight run on a gentle slope
- I am able to side slip & stop on my heel side
- I am able to side slip & stop on my toe side
- I can do falling leaf on my heel side
- I can do falling leaf on my toe side
- I can traverse across the hill and show good body position while riding
- BONUS!** I know the responsibility code

## Level 2 Skills

- I am able to do single toe side turns on gentle slopes
- I am able to do single heel side turns on gentle slopes
- I can control my speed throughout the turn
- I can link turns with good stance & balance & minimal counter rotation of my upper body
- I am able to link turns on green slopes and show good control
- BONUS!** I know how to look up the hill before starting to ride

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## Level 3 Skills

- I am equally confident turning on heel side and toe side
- I can vary my turn shape to control speed
- I am learning to control pressure while riding over uneven terrain
- I am starting to use my lower body to help turn my board without counter rotating my upper body
- I can link turns on blue runs
- BONUS!** I know how and where to stop  
I understand lift line etiquette

## Level 4 Skills

- I can turn on uneven and ungroomed terrain
- I can link turns on black runs
- I can traverse through moguls on both edges
- I am able to ride switch on green runs

RECOMMENDED LEVEL FOR NEXT SESSION: \_\_\_\_\_

COMMENT: \_\_\_\_\_

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