Skihawk Coach Progress Reports

Coach/Athlete ___________________________ Clinician /Coach ___________________________

This is a day to assess the coach/athlete. (Circle one)

Physical? Very Active (Athletic); Good conditioning; Average; Fair; Total Couch Potato

Emotional? Very upbeat & positive; good attitude; average; kind of down today; Hope this one lives till tomorrow (very negative)

Equipment? Latest & Greatest, Good enough for the season, needs adjustment or tuning, should be replaced

Center Line Analysis (Wedge, Wedge Christie, Parallel, Dynamic Parallel)
(Explain in detail)

Has the coach mastered the following ski skills for: wedge____, wedge Christie____, parallel____, dynamic parallel____ (Mark the highest Centerline skill competency above and rate movement and skills)

Stance
- Natural balanced stance? Adjust to terrain? Yes always Sometimes Never
- Keeps hands forward? Yes always Sometimes Never
- Body flows continuously with skis? Yes always Sometimes Never
- Keeps looking forward? Yes always Sometimes Never
- Maintains shin contact with the boot? Yes always Sometimes Never

Flex & Extend Joints
- Absorbs terrain and maintain snow contact? Yes always Sometimes Never
- Flex and extends all lower joints in motion? Yes always Sometimes Never
- Maintains shin contact with the boot? Yes always Sometimes Never
- Are the skis tipping on edge early in a turn? Yes always Sometimes Never
- Does outside ski bend from the middle? Yes always Sometimes Never
- Inside leg is flexed more than outside in a turn? Yes always Sometimes Never
- Pressure on skis maintained through turn? Yes always Sometimes Never
- Are edges released and engaged smoothly? Yes always Sometimes Never
- Flex & angle of ski to snow create carving? Yes always Sometimes Never

Turns-Whole body versus hip, leg, knee, ankle and foot – separation, counter angle, leg angles
- Turning movement originates in foot & leg? Yes always Sometimes Never
- Ski lead change occurs before the fall line? Yes always Sometimes Never
- Shoulders stay level to the horizon? Yes always Sometimes Never
- Shoulders are forward of hips? Yes always Sometimes Never
- Inside half of body leads outside half thru turns? Yes always Sometimes Never
- Do the legs turn more than the upper body? Yes always Sometimes Never
- Upper body is stable, quiet and face downhill? Yes always Sometimes Never
- Does outside ski bend more than inside ski? Yes always Sometimes Never
- Does leg rotate in the hip socket for a turn? Yes always Sometimes Never
- Does pole touch/plant complement turning? Yes always Sometimes Never
- Poles swing smoothly in the direction of travel? Yes always Sometimes Never
- Aggressively moves body forward and downhill? Yes always Sometimes Never
- Efficiently uses shape of ski with turn shape? Yes always Sometimes Never
- Wide, medium, and short radius turns efficiently? Yes always Sometimes Never
- Can accelerate skis through a turn? In gates? Yes always Sometimes Never
Timing, Intensity and Duration

- Are the skis tipping on edge early in a turn? When How intense How long
- Pressure on skis maintained through turn? When How intense How long
- Are edges released and engaged smoothly? When How intense How long
- Turning movement originates in foot & leg? When How intense How long
- Ski lead change occurs before the fall line? When How intense How long
- At what place in the turn is there more pressure? When How intense How long
- What affects does pressure have on the ski? When How intense How long
- How soon do you engage the inside foot after last turn? Slalom? Downhill? When How intense How long
- How does the intensity and duration vary between wide radius and short radius turns? When How intense How long
- Does pole touch/plant complement turning? When How intense How long
- Poles swing smoothly in the direction of travel? When How intense How long
- How does the pole plant impact timing, intensity and duration? When How intense How long
- Aggressively moves body forward and downhill? When How intense How long
- Efficiently uses shape of ski with turn shape? When How intense How long
- How does turn shape change with varied timing, intensity and duration? When How intense How long
- Does the ski make a difference with turn shape? 10 meter, 16meter? When How intense How long
- How does the rise line affect timing, and duration? When How intense How long
- Can accelerate skis through a turn? In gates? When How intense How long
- Is a straight line always the fastest between gates? Explain with timing, intensity, and duration?

What should the goal or goals for this Coach/Athlete this year? (This should be simple, attainable and concise.)