

# Skihawk Coach Progress Reports

Date \_\_\_\_\_

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 affect does pressure have on the ski?      When      How intense      How long
- What happens to the ski between turns? Flatness? Ski lead? Edge angle? Inside/outside ski?  
     Impact to 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.)** \_\_\_\_\_

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