

Date:	Lesson:	Today's Goal:											
Instructor(s):	AM PM FULL	Goal accomplished? NO seldom sometimes almost YES											
		Comments:											
Equipment Modifications		Level of Support (Check One)							Today's Conditions:		Working On It	Masters	# Runs
Sit Skiing Milestones		Full Phys Assist	Part Phys Assist	Verbal	Prompt	Visual	Cue	Independent	Trails/Terrain (SW // SP)				
Center stance with constant outrigger/snow contact									Magic Carpet				
Pushing, pivoting on flats									Upper Magic Carpet (SP)				
Straight glide with terrain-assisted stop									Little Thunder // Daisy				
Outrigger stop with progressive braking									Julies // Hogsback				
Gets up after a fall									Dodge // Tye Mill				
Turns to a stop in both directions									Pacific Crest // Skyline				
Loads, unloads and rides chairlift/carpet safely									Other:				
Links round turns in both directions, skidded turns									Tips/Tricks for Success:				
Speed control through turn shape to match terrain													
Upper/lower body separation													
Hockey stop in both directions													
Adjusts balance and stance to changing speed/terrain													
Dynamic linked turns, advanced outrigger placement													
Participant's comments/perceptions of the day? Instructor's comments?													
 Plans/suggestions/goals for next lesson?													

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