

**Special Olympics Michigan
Alpine Ski
Skills Assessment**

Scoring Instructions

The Sports Skills Assessment is designed to determine the athlete's present level of functioning within a specific skill or sport and to determine the athlete's progress through training.

In administering the test, observe each athlete as he/she performs each test. Score the athlete accordingly by checking the box located to the left of the test performed.

If there are any questions as to the athlete's competence in a particular skill, require the athlete to perform the test 5 times and use the 3 best.

After scoring each athlete, add up the total number of boxes and indicate the athlete's present level of ability (i.e. beginner, novice, intermediate, and advanced). If the athlete is performing at assessment - Level I, re-evaluate the athlete utilizing skills assessment - Level II.

Level I – Beginner - Novice

<u>Test</u>	<u>#1 Ski Area Awareness</u>
_____	Knows "GREEN" or easiest trail sign
_____	Knows "CLOSED TRAIL" sign
_____	Understands the objectives of a ski lessons
_____	Learns and demonstrates courtesy to other skiers and boarders
	<u>#2 Dry land or Inside Activity</u>
_____	Buckle boots independently
_____	Puts boots in bindings
_____	Holds ski poles properly
_____	Walks with skis in a straight line
_____	Walks with skis in a circle
_____	Side steps with skis
_____	Places skis in a wedge position
_____	Herringbones with skis
	<u>#3 Technical Development</u> (Flat to gentle slop on-snow activity)
_____	Walks with skis in a straight line
_____	Walks with ski in a circle
_____	Pushes with poles and glides
_____	Side steps on flat terrain

- _____ Side steps up gentle slope
- _____ Herringbones up gentle slope

Test

#4 Tactical Development

(Gentle to novice slope activity)

- _____ Stands up after falling
- _____ Can re-fasten skis on gentle terrain
- _____ Can re-fasten skis on novice terrain
- _____ Performs a straight run
- _____ Performs gliding wedge
- _____ Performs a breaking wedge

#5 Tactical Development – Gate Training and Competition

(see section on Official SOI Rules for Alpine Skiing)

- _____ Understands the start command
- _____ Understands the finish area
- _____ Can perform 10-meter walk independently
- _____ Can perform the glide event independently

_____ **TOTAL for Level I - Novice**

Level II – Intermediate

#1 Ski Area Awareness

- _____ Can identify "BLUE" (more difficult) trail sign
- _____ Demonstrates safety while skiing
- _____ Can recognize a member of the ski patrol
- _____ Rides the following lift(s) with assistance:
(Please circle: rope tow, t-bar, pona, surface, and/or chairlifts)

#2 Technical Development – Wedge Turns

- _____ Performs wedge turn to a stop – left wedge turn
- _____ Performs wedge turn to a stop – right wedge turn
- _____ Performs two wedge turns simultaneously
- _____ Performs four or more wedge turns simultaneously
- _____ Performs wedge turns entire length of green (easiest) trail

#3 Tactical Development – Gate Training/Competition

- _____ Properly moves into race start position unassisted

- _____ Properly follows start procedure
- a. Moves poles over starting wand
- b. Moves through start wand on start command

#3 Tactical Development – Gate Training/Competition

- _____ Trains a 5-gate slalom course unassisted
- _____ Trains a 5-gate giant-slalom course unassisted
- _____ Races 5-gate giant-slalom course unassisted
- _____ Trains a four-gate downhill course unassisted
- _____ Races a four-gate downhill course unassisted
- _____ Can get up after falling and finish the training course
- _____ Can get up after falling and finish the racecourse

_____ **TOTAL for Level II - Intermediate**

Level III - Advanced

Test **#1 Ski Area Awareness**

- _____ Can identify a ski school instructor
- _____ Can locate the ski patrol building headquarters
- _____ Can ski in a group lessons (4-8 people)
- _____ Can ski independently/individually at ski areas
- _____ Can identify "BLACK" (most difficult) trail signs

#2 Technical Development – Christy Turns

- _____ Skis move from a wedge to matched (parallel) position at end of turn – wedge christy
- _____ Performs two wedge christy turns simultaneously
- _____ Performs four or more wedge christy turns simultaneously
- _____ Matches ski at or before fall line (start of the turn)
- _____ Uses pole plant between turns
- _____ Performs four or more wedge christy turns with pole plant
- _____ Performs wedge christys entire length of green (easiest)
- _____ Performs wedge christys entire length of blue (more difficult)

#3 Tactical Development – Gate Training/Competition

- _____ Inspects training course with coach
- _____ Inspects race course with coach
- _____ Trains 15-gate slalom course unassisted
- _____ Races 15-gate slalom course unassisted
- _____ Trains 15-gate giant slalom course unassisted
- _____ Races 15-gate giant slalom course unassisted
- _____ Trains 10-gate downhill course unassisted
- _____ Race 10-gate downhill course unassisted

_____ **TOTAL for Level III - Advanced**

_____ **Cumulative TOTAL for all levels**

(Add all points for all sections. This is the number that represents the level the athlete should compete at or train in)