

Special Olympics Michigan Snowboarding Skills Assessment

Scoring Instructions

The 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 item. Score the athlete accordingly by checking the line located to the left of the task performed. Give 1 point per task.

If there are any questions as to the athlete's competence in a particular skill, require the athlete to perform the task 3 out of 5 times. After scoring each athlete, add up the total number of boxes and indicate the athlete's present level of ability (i.e. Level I, Level II, Level III).

Scoring Level - Indicates the athlete's level of achievement

19-23 Level I - Novice

24-39 Level II - Intermediate

40-59 Level III - Advance

Level I- Novice

Test **#1 Snowboarding Area Awareness**

- _____ Can identify a snowboard school instructor
- _____ Can locate the ski patrol building/headquarters
- _____ Knows "GREEN" or easiest trail sign
- _____ **Knows "CLOSED TRAIL" sign**
- _____ Understands the objectives of a snowboard lessons
- _____ Learns, demonstrates courtesy to other skiers and snowboarders

#2 Technical Development

(DO NOT use #3 if you can use this one, it is **EITHER / OR**)

(Gentle to Level I slope activity)

- _____ Buckles in and out on Level I slope
- _____ Can skate on flat land with foot in front binding
- _____ Glides down gentle slope
- _____ Stands up after falling
- _____ Rides the following lift(s) without assistance:
(Please circle: rope tow, t-bar, pona (chairlifts are not required))
- _____ Slides down gentle slope with front foot in binding and stops

OR

Test **#3 Dryland or Inside Activity**

- _____ Can tie boots independently
- _____ Can either use step in binding or can buckle boots into snowboard binding
- _____ Can skate on flat land with foot in front binding
- _____ Can skate in circle in either direction with front foot in binding
- _____ Can walk backwards with front foot in binding

#4 Technical Development

- _____ Performs heel-side turn/stop
- _____ Performs toe-side turn/stop
- _____ Performs two or more toe-side and heel-side turns consecutively
- _____ Performs toe-side and heel-side turns for entire green slope
- _____ Can perform carving turn at moderate speed both heel side and toe side
- _____ Can stand freely on slope without sitting down

#5 Tactical Development – Gates Training/Competition

- _____ Properly moves into race start position unassisted
- _____ Properly follows start procedure
- _____ Trains a 5-gate super giant slalom course unassisted
- _____ Trains a 5-gate giant slalom course unassisted
- _____ Races 5-gate giant slalom course unassisted

_____ **TOTAL for Level I - Novice**

Level II - Intermediate

Test #1 Snowboarding Area Awareness

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

Test #2 Technical Development

- _____ Can perform carving turn at moderate speed both heel side and toe side
- _____ Performs heel side stop from moderate speed with control
- _____ Snowboards with control on green and blue slopes
- _____ Can come to a complete stop without sitting down
- _____ Rides chairlift with little to no assistance

#3 Tactical Development – Gate Training/Competition

- _____ Inspects training course with coach
- _____ Inspects race course with coach
- _____ Trains 8-10 gates super giant slalom course unassisted
- _____ Races 8-10 gates super giant slalom course unassisted
- _____ Trains 8-10 gates giant slalom course unassisted
- _____ Races 8-10 gates giant slalom course unassisted

_____ **TOTAL for Level II - Intermediate**

Level III - Advanced

#1 Snowboarding Area Awareness

- _____ Can identify a snowboard school instructor
- _____ Can locate the ski patrol building/headquarters
- _____ Can snowboard varied terrain in control
- _____ Can snowboard mogul runs in control
- _____ Can snowboard varied conditions in control (Please circle one: ice, heavy snow, powder)

Test #2 Technical Development

- _____ Performs carving turns 60% of the time on blue slopes
- _____ Performs short radius (slalom) turns consistently
- _____ Performs long radius (giant slalom) turns consistently
- _____ Performs long to short or short to long turns following coach's example

Test #3 Technical Development

- _____ Can snowboard on blue and black trails
- _____ Freely stands without sitting down on 90% of the slopes
- _____ Can snowboard black trails

#4 Advanced Exercises

- _____ Can ride forward and backward

#5 Tactical Development – Gate Training/Competition

- _____ Inspects course without coach
- _____ Understands "racers line," racers path through course
- _____ Snowboards giant slalom "drill courses"
- _____ Snowboard slalom "drill courses"
- _____ Trains 10-15 gates super giant slalom course
- _____ Races 10-15 gates super giant slalom course
- _____ Trains 10-15 gates giant slalom course
- _____ Races 10-15 gates giant slalom course

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)