Tasks for summer tech skills assessments - 2007

Assessment A: **Free Skiing: Adaptation to terrain & snow conditions**

Task 1. Short to long Radius: steep to flat

Assessment B: **Technical Drills: Timing & co-ordination**

Drill 2. Long turns on one foot

Drill 4. Turning on the outside ski

Assessment C: **Stubby Corridor: Turn size & rhythm adjustment**

Task 3. Long radius turns

Protocol: Assessment A:

Table 1. Free skiing conditions

Condition	Terrain and Snow condition parameters
1.	200 – 300m. piste with marked terrain change from steep into flat around mid point, marked by a single gate.

Athletes must perform a variety of short and long radius turns in the terrain and snow conditions as specified in table 2.

- Short radius turns (6 – 10m radius)
- Long radius turns (18 – 25m radius)

During each assessment athletes perform, and will be assessed on, 2 from the 6 tasks as specified in table 2.
Athletes will only be told which tasks will be performed at the beginning of the assessment.
Each task will be demonstrated first by a SnowportGB nominated senior team athlete.
This athlete will perform each task as a baseline for assessors to standardise their scoring.

Table 2.Free Skiing: Adaptation to terrain and snow conditions

Task	Conditions	Objective	Guidelines	Scoring
1. Short turns to long turns. Changing at mid way marker.	1.	Rhythmical short turns of constant radius, changing to rhythmical long turns of constant radius at the mid way marker. Change of rhythm must be apparent for both turn radius and speed.	Athletes must maintain technically sound skiing in the basic position; • Neutral alignment • Balanced over the feet • Equal flexion of all lower limb joints • Angulation as appropriate Athletes should use turn shape and body position to control speed, without skidding the skis.	Athletes will be scored out of 10 for each task. 10 will be set as the score performed by a SnowsportGB nominated senior team athlete representative who will perform all assessments. Assessors will consider rhythm, control of speed, ground speed, basic position & adaptation to terrain.

Protocol: Assessment B:

Assessment B: Technical Drills: Timing & Co-ordination

The Technical drills element of the assessment will take place on prepared pistes nominated by the assessors at the outset of the assessment, within the guidelines specified in table 3.

Table 3. Technical drills conditions

Age group	Terrain and Snow condition parameters
Children	Prepared piste of constant low gradient slope

Athletes will only be told which tasks will be performed at the beginning of the assessment.

Each drill will be demonstrated first by a SnowportGB nominated senior team athlete.

This athlete will perform each drill as a baseline for assessors to standardise their scoring.

Table 4. Technical Drills: Timing and co-ordination

Drill	Technical Specifics	Parameters	Scoring
Drill 2. Long turns on one foot	• 5 linked long turns on 1 foot, followed by • 5 linked long turns on the other foot To change from one ski to the other, one turn will be allowed before scoring starts for the next 5 turns Turns must be carved, with a radius between 18 – 25m. The drill should be completed in 180 to 250m	As above	Athletes will start with 10 points. Each un-successful turn will result in 1 point being deducted.
Drill 4. Turning on the outside ski	10 linked turns on the outside ski. Changing skis at the point of crossing the fall line. Inside ski should be clearly off the snow throughout the turn. Inside ski tip can cross the outside ski tip slightly.	Successful turns will be counted as turns where: • Inside ski stays off the ground throughout the turn. • There is no hesitation while changing skis. • Inside ski tail should be higher than the ski tip.	Athletes will start with 10 points. Each un-successful turn will result in 1 point being deducted.

Protocol: Assessment C:

Assessment C: Stubby Corridor: Turn size & rhythm adjustment

Stubby corridor will be set on a medium gradient of constant slope.
Gates set with 6 – 8 metre horizontal offset and 8m vertical distance.
Athletes will only be told which tasks will be performed at the beginning of the assessment.
Each task will be demonstrated first by a SnowportGB nominated senior team athlete.
This athlete will perform each task as a baseline for assessors to standardise their scoring.
Table 5. Free Skiing: Adaptation to terrain & snow conditions

Task	Objective	Guidelines	Scoring
			Athletes will be scored out of 10 for each task. 10 will be set as the score performed by a SnowsportGB nominated senior team athlete representative who will perform all assessments. Assessors will consider rhythm, control of speed, ground speed, basic position & turn radius.
Task 3. Long radius turns	Turns to the outside of the corridor always round 2 stubby gates	Turns should be long and rhythmical with good control of speed.	