







# SENIOR SNOWBOARD TRAINING LOG

Candidate Name: \_\_\_\_\_

NSP # \_\_\_\_\_

## GROOMED PERFORMANCE

	a.	b.	c.	d.	e.			
Date	Connected & rounded turn shapes of varying size - maintaining consistent speed and control	Inclination & angulation create tilt on medium & long radius turns - carving & skidding acceptable	Utilizes torsional flex to begin rotation & to engage new edge @ initiation of turn	Edging achieved through inclination & angulation - snow deflecting along the length of the board	Athletic stance maintained throughout - ankles and knees flexed	Basic switch riding with turns appropriate for the terrain - skidding acceptable	Comment	IT SIGNATURE

## SENIOR SCORING MATRIX

1	Essential elements were not observed or were not present
2	Essential elements are beginning to appear but not at a senior level
3	Essential elements appear but are not consistently at senior level

4	Essential elements appear regularly at a senior level
5	Essential elements appear frequently, above the senior level
6	Essential elements appear consistently at a superior level





# SENIOR TELEMARK TRAINING LOG

Candidate Name: \_\_\_\_\_

NSP # \_\_\_\_\_

## GROOMED PERFORMANCE

	a.	b.	c.	d.	e.	f.			
Date	Connected & rounded turn shapes of varying sizes – maintaining consistent speed and control	Simultaneous foot tipping at initiation Carving/ Skidding OK. Skis in Contact w/ snow	Skis are Parallel at initiation	Consistently turns the skis separate from a stable upper body	Control edge angles through a combination of inclination & angulation	Continuous movement of both feet to produce a lead change at or near the apex of the turn		Comment	IT SIGNATURE

## SENIOR SCORING MATRIX

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3	Essential elements appear but are not consistently at senior level

4	Essential elements appear regularly at a senior level
5	Essential elements appear frequently, above the senior level
6	Essential elements appear consistently at a superior level





# SENIOR TOBOGGAN TRAINING LOG

Candidate Name: \_\_\_\_\_

NSP # \_\_\_\_\_

## UNLOADED TOBOGGAN

	a.	b.	c.	d.	e.		
Date	Maintains Athletic Stance	Hands at Hip Height In Front of body. 1 Coil	Short Turns to Accident Scene Consistent & Smooth	Stops Safe Distance & Effectively Communicates.	Correctly & Effectively Backs In & Anchors Toboggan	Comment	IT SIGNATURE

## LOADED ALONE: SMOOTH

	a.	b.	c.	d.	e.	f.		
Date	Maintains Athletic Stance	Safe Fall Line Route	Smooth & Consistent pace.	Effective Braking w/ Emergency Stop (if asked)	Transitions with Simultan. Edge Change or Torsion Flex (SB)	Monitors Patient & All Traffic	Comment	IT SIGNATURE

## SENIOR SCORING MATRIX

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