



SENIOR ALPINE TRAINING LOG

Candidate Name: _____

NSP # _____

GROOMED PERFORMANCE

	a.	b.	c.	d.	e.		
Date	Varied Size Turns. Maintains Consistent Speed.	Simultaneous Foot Tipping. Carving/ Skidding OK. Skis in Contact w/ snow	Skis are Parallel	Turns Skis Separate from Stable Upper Body.	COM Moves Forward & Across into New Turn.	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

STEEP PERFORMANCE

[illegible]

Moguled/Ungroomed Performance

[illegible]



SENIOR SNOWBOARD TRAINING LOG

Candidate Name: _____

NSP # _____

GROOMED PERFORMANCE

	a.	b.	c.	d.	e.			
Date	Varied Size Turns. Maintains Consistent Speed.	Inclination/Angulation Create Tilt on Med/Long Rad. Turns Carving/Skidding OK.	Torsional Flex Begins Rotation & Engage New Edge at Initiation	Edging Achieved through Inclination/Angulation	Athletic Stance Maintained	Basic Switch Riding: Skidding OK	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

STEEP PERFORMANCE

[illegible]

Moguled/Ungroomed Performance

[illegible]



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 @ initiation – carving & skidding acceptable – both feet in contact with snow	Skis parallel & consistent width throughout turns	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

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

STEEP PERFORMANCE

[illegible]

Moguled/Ungroomed Performance

[illegible]



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	Stops Safe Distance & Effectively Communicates.	Effectively Backs In 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/ Emerg Stop (if asked)	Transitions with Simultan. Edge Change or Torsion Flex (SB)	Monitors Patient & Traffic	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

Loaded Toboggan Moguled/Ungroomed

	a.	b.	c.	d.	e.	f.		
Date	Maintains Athletic Stance	Safe Fall Line Route	Smooth & Consistent pace.	Effective Braking w/ Emerg Stop (if asked)	Effective/ Appropriate Direction Changes	Monitors Patient & Traffic	Comment	IT SIGNATURE

TEAM TOBOGGAN: LEAD

	a.	b.	c.	d.	e.	f.		
Date	Maintains Athletic Stance	Safe Fall line Route Safe Consistent	Effective Braking w/ Emerg Stop	Effective Braking w/ Emerg Stop	Traverse: Maintain Pace	Effective Communication Monitors Patient & Traffic	Comment	IT SIGNATURE

TEAM TOBOGGAN: TAIL

	a.	b.	c.	d.	e.	f.		
Date	Maintains Athletic Stance	Rope in front of body waist to mid-thigh level	Transitions: Anticipate & follow Lead.	Traverse w/Rope in the Fall Line	Provide secondary braking	Communicates w/ Lead Monitors Patient & Traffic	Comment	IT SIGNATURE

Ohio Region: Senior Sign Off Hills (Senior Test Terrain in RED)

	GROOMED SMOOTH	STEEPS	MOGULED / UNGROOMED		Toboggan Unloaded	Toboggan Lead, Loaded Alone	Toboggan Lead, Alone Moguled/ Ungroomed	Team Toboggan Lead	Team Toboggan Tail
Alpine Valley	Upper Exhibition	NA	NA		Upper Exhibition or Lower at Drop-off	NA	NA	Upper Exhibition	Upper Exhibition
Boston Mills	North Bowl, Croyle	Tiger	North Bowl, Tiger		North Bowl, Croyle, Tiger	Tiger	North Bowl, Tiger	Croyle, Tiger	Croyle, Tiger
Brandywine	Shredder, Downdraft	Champagne, Regulator Johnson	Regulator Johnson		Champagne, Regulator Johnson	Champagne, Regulator Johnson	Champagne, Regulator Johnson, Grizley	Champagne, Regulator Johnson	Champagne, Regulator Johnson
Mad River Mountain	Sugarbush	Upper Mad River Run	Unicorn Sidewinder Glades, Jumphines, Mad River/Regulator (if moguls)		Sugarbush	Mad River Run	Jumpline	Mad River Run	Mad River Run
Paoli Peaks	Mindbender	Graber	Graber (Moguls, Ungroomed, or Crud)		Graber	Graber	Graber	Graber	Graber
Perfect North Slopes	Intermission, Prime Time , Special Effects	Center Stage	Deception, Center Stage Primetime		Intermission, Prime Time, Special Effects, Center Stage	Prime Time, Center Stage	Deception , Hollywood	Prime Time, Center Stage	Prime Time, Center Stage
Snow Trails	Competition	Outer Limits, Silver Bullet, Quick Silver	Mogul Area, Glade Areas		Competition	Outer Limits, Silver Bullet, Quick Silver	Mogul Area, Glade Areas	Outer Limits, Silver Bullet, Quick Silver	Outer Limits, Silver Bullet, Quick Silver