SNOWBOARD LEVEL GOALS & BENCHMARKS

Red Magic Carpet Goals: On Magic Carpet terrain executes balancing, stopping, gliding, speed control, shaping turns, and getting up after falling. Understands equipment: boot fit, cleaning off boot bottom, stepping into binding; binding functions, edges, Nose, Tail, Heel edge, Toe Edge, P-tex, shape, flex

Benchmarks

- Rides Carpet - waiting turn, entering, balancing, exiting
- Balances equally on both feet in straight glide using athletic and balanced CM (center of mass)
- Glides on a flat board
- Pressures the board from front foot to back foot and vice versa
- Pressures the front foot heel and toe to make turns
- Turns left/right
- Stops by orienting the board edge perpendicular to the fall line and pressuring an edge

Yellow J Bar Goals: On J Bar terrain performs linked rhythmical turns using heel and toe edge. Is able to carry an edge across the slope on both toe and heel

Benchmarks

- Rides J Bar – waiting in line, moving to start, following operator's instructions, loading smoothly, NOT sitting down on bar, directing snowboard straight uphill, staying in line, no bouncing, exiting safely at top
- Balances using athletic stance while static and moving
- Looks to the future
- Moves with mobility in ankles, knees and hips
- Demonstrates comfortable movement from heel edge to toe edge
- Exhibits extension and flexion
- Can STOP on command
- Controls speed using turn size
- Starts to develop twisting movements in the snowboard
- Shapes turns and uses a variety of turn shapes to control speed on progression terrain
- Begins to add more tilt and while turning
- Traverses across the fall line at the end of a turn

Green Sherburne Chair Goals: On green terrain served by the Sherburne chair executes linked rhythmical turns in a variety of turn shapes

Benchmarks

- Rides Sherburne Chair – lining up (3 or 4 to chair), moving to position on red bar, spacing between riders, looking over shoulder, sitting, lowering bar, raising bar at top, raising snowboard nose, standing and gliding off platform
- Demonstrates a mobile, stable and balanced (CM) stance
- Demonstrates ability to move hips and CM over heel and toe edge at correct time
- Demonstrates beginner independent leg movement with flexing and extending
- Demonstrates comfort in beginner pressure control, tilting, twisting, and pivoting of the snowboard.
- Shapes turns and uses a variety of turn shapes to control speed on green terrain
- Demonstrates ability to stop whenever and wherever they want on all terrain on the lower mountain

SNOWBOARD LEVEL GOALS & BENCHMARKS

Upper Mountain Goals: On blue/black terrain executes linked rhythmical turns utilizing turn shape/heal to toe with extension and flexion/tilting;), knowing how and when to blend edging and steering to meet varying conditions and terrain building towards more dynamic skills, maintaining athletic stance and balance in a variety of terrain including bumps

Benchmarks

- Rides Mid Burke Express Chair/Sherburne Express Chair – lining up (3 or 4 to chair), moving to position on red bar, spacing between riders, looking over shoulder, sitting, lowering bar, raising bar at top, raising snowboard nose, standing and gliding off platform, moving to and gathering at safe place out of traffic flow
- Shapes turns using a variety of turn shapes to control speed on blue / black terrain
- Demonstrates intermediate ability to tilt at various amounts around the whole mountain
- Demonstrates intermediate ability to pressure the whole board
- Demonstrates intermediate ability to twist the board
- Demonstrates quick ability to pivot the board
- Working toward mastery of flexion and extension in body joints
- Developing rotation movement of the body
- Can implement different, times, intensities and durations to the above six skills

All boarders develop safety habits: lining up correctly, listening to instruction, knowing equipment and safety devices, staying with group/instructor, loading, riding and unloading chair safely, standing/stopping on side of trail, avoiding standing under lifts, looking uphill before moving, giving right of way to riders downhill, controlling speed, observing all posted signs and warnings, knowing trail systems and carrying trail map, riding in a group of 3+, recognizing specific demands and hazards in exploring blue /black terrain in varying conditions, traveling safely in glades

SKI LEVEL GOALS & BENCHMARKS

Red Magic Carpet Goals: On Magic Carpet terrain executes balancing, stopping, gliding, speed control, shaping turns using a wedge, getting up after falling, putting skis back on after a release

Develops safety habits: listening to instructions, lining up correctly, staying with group/instructor, riding Carpet safely, looking uphill before moving, giving right of way to skiers downhill

Understands equipment: boot fit, cleaning off boot bottom, stepping into binding; binding functions, ski brake, edges, P-tex, shape, flex

Benchmarks

- Rides Carpet - waiting turn, entering, balancing, exiting
- Balances equally on both skis in straight glide using athletic stance and balanced CM (center of mass) over BS (base of support) in both parallel stance and narrow wedge
- Glides using mostly flat skis directing, steering and smearing by turning the feet and legs (rotary) as a strategy for controlling speed and direction
- Shifts / moves weight / balance to one ski understanding concept of inside / outside (uphill / downhill)
- Varies speed through turn shape left / right
- Stops by making a full intentional J-turn by directing or steering foot / leg and moving to the outside ski.

Yellow J Bar Goals: On J Bar terrain and perfect slope terrain performs linked rhythmical turns through directing, steering, and smearing as a strategy for controlling speed and direction and begins to match skis through middle / end of turn

Develops safety habits: lining up correctly, listening to instruction, knowing equipment and safety devices, staying with group/instructor, riding J Bar safely, standing/stopping on side of trail, looking uphill before moving, giving right of way to skiers downhill, controlling speed, observing all posted signs and warnings

Benchmarks

- Rides J Bar – waiting in line, moving to start, following operator's instructions, looking over right shoulder, holding poles in left hand, NOT sitting down on bar, directing skis straight uphill, staying in line, no bouncing, exiting safely at top
- Balances using athletic stance while static and while moving (center of mass/ base of support)
- Looks in the intended direction of travel
- Maintains effective contact with front of boot cuffs through turn phases
- Moves with mobility in ankles, knees and hips
- Holds arms and hands effectively- "triangle of power"
- Demonstrates movement to new downhill (outside) ski
- Exhibits extension and flexion
- Controls speed through turn shape directing, steering, and smearing and linking turns left/right and out of fall line to a stop (J turns)
- Develops effective rotary movements in feet/legs (steering action in both skis)
- Begins to add more tipping/edging while turning
- Links turns through directing, steering, smearing, and blending in some edging as a strategy for controlling speed and direction
- Shapes turns and uses a variety of turn shapes to control speed on progression terrain
- Begins to match skis through middle/end of turn emphasizing active steering

SKI LEVEL GOALS & BENCHMARKS

Green Sherburne Chair Goals: On green terrain served by the Sherburne chair executes linked rhythmical turns in parallel

Develops safety habits: lining up correctly, listening to instruction, knowing equipment and safety devices, staying with group/instructor, loading, riding and unloading chair safely, standing/stopping on side of trail, avoiding standing under lifts, looking uphill before moving, giving right of way to skiers downhill, controlling speed, observing all posted signs and warnings

Benchmarks

- Rides Sherburne Chair – lining up (3 or 4 to chair), moving to position on red bar, spacing between skiers, looking over shoulder, sitting, lowering bar, raising bar at top, raising ski tips, standing and gliding off platform
- Demonstrates a mobile, stable, and balanced (CM over BS) stance while holding poles correctly (center of mass over base of support)
- Demonstrates independence of feet/skis while moving
- Demonstrates effective movement or transfer of weight/balance along the entire length downhill (outside) ski leading to effective management of pressure
- Turns and directs both skis simultaneously through all turn phases: initiation, shaping, finish, transition
- Uses a variety of turn shapes and strategies to control speed on green terrain
- Swings, taps, or plants pole with effective positioning, timing, and rhythm
- Utilizes ski shape (edging) through tipping/rolling and movement to outside ski
- Executes linked rhythmic turns in parallel in a variety of terrain and conditions

Upper Mountain Goals: On blue / black terrain executes linked rhythmical turns in parallel through utilizing ski shape/ tipping / rolling, knowing how and when to blend edging and steering to meet varying conditions and terrain building towards more dynamic parallel skills, maintaining athletic stance and balance in a variety of terrain including bumps

Develops safety habits: lining up correctly, listening to instruction, knowing equipment and safety devices, staying with group/instructor, loading, riding and unloading chair safely, standing/stopping on side of trail, avoiding standing under lifts, looking uphill before moving, giving right of way to skiers downhill, controlling speed, observing all posted signs and warnings, knowing trail systems and carrying trail map, skiing in a group of 3+, recognizing specific demands and hazards in exploring blue / black terrain in varying conditions

Benchmarks

- Rides Mid Burke Express Chair / Sherburne Express Chair – lining up (3 or 4 to chair), moving to position on red bar, spacing between skiers, looking over shoulder, sitting, lowering bar, raising bar at top, raising ski tips, standing and gliding off platform, moving to and gathering at safe place out of traffic flow
- Shapes turns using a variety of turn shapes to control speed on blue / black terrain through the use of edging (rolling, tipping) and/or steering (rotary)
- Integrates balanced and countering lateral movements involving ankles, knees, hips, and upper body leading to effective inclination and angulation
- Applies pressure management along the full length of ski: flexion & extension, foot to foot, fore & aft
- Demonstrates application of long leg / short leg (outside / inside) and movements (flexion / extension) into and through turn transition
- Exhibits upper and lower body separation through turn phases within a variety of turn shapes
- Performs carved railroad track turns on appropriate terrain with tips and tails of skis traveling in the same radius
- Demonstrates expanded movements, skill blends, and pole swings to create independence between the upper and lower body
- Chooses and adjusts differing tactics in skiing in a variety of conditions (groomed, ice, bumps, powder) on blue / black terrain with confidence and success