

Name: \_\_\_\_\_  
Date: \_\_\_\_\_  
Location: \_\_\_\_\_  
Course: \_\_\_\_\_

## IASI Level 4 Technical Course Report Form



Educator: \_\_\_\_\_

### Movements:

Uses a proportional bend in ankles, knees and hips for an athletic posture  
Shows ability to make movements in a variety of directions  
Adjusts movements to vary outcome for turn size, speed and terrain

### Balance:

Manages balance around a central point  
Creates and manages balance over the outside ski

### Steering:

Blend of steering skills is adjusted for a variety of outcomes  
Uses the lower body to lead the turning effort

Comments:

### Piste Performance:

Short turns are round due to a high degree of ski performance  
Steering skills are adjusted to achieve different corridor widths  
Long turns leave clean tracks in the snow, tighter than the radius of the ski  
Inclination and Angulation is used to increase edge angle and influence turn size

Comments:

### Piste Performance continued:

Can vary turn shapes from long to short turns and vice versa showing good control of the steering elements

Comments:

### Bumps / Variables / Steeps:

Can ski a variety of lines in the bumps, matching movements to terrain  
Continuously linked and rounded turns showing speed control  
Appropriate movements are used to manage snow contact and maintain balance

Comments:

### Additional Activities:

White pass turns, showing well balanced inclination to start the turn  
Jump in the park with well timed pop and balance  
Dolphin turns + Speiss, showing good fore/aft and timing skills

Comments:

Skiing Result: \_\_\_\_\_

Resit Details: \_\_\_\_\_