



## PHASE 3

Girls Ages 10-13, Boys Ages 11-14  
4-8 years in sport

### One ski skiing

**Objective:** To ski solely on one ski connecting medium radius turns (15-18m turn apex to turn apex).

**Primary Skill:** Edging

**Justification:** The ability to adjust pressure fore and aft as well as regulate pressure through the transition and turn are essential for ski racing. Having one ski eliminates the balance advantage of being able to move from foot to foot and demands that the ski racer adjust their center-of-mass from one ski only.

**Slope:** Intermediate groomed terrain.

#### Description:

- Skier wears one ski
- Make eight linked medium radius (15-18m) turns
- Foot without ski is held completely off the snow and maintains a non-swinging position
- Skier will demonstrate right and left leg

#### Criteria for perfect execution:

- Free ski boot never touches the snow
- Free ski boot is not used for balance adjustment
- Speed is consistent throughout entire maneuver
- Turns are relatively round, carved, and of consistent radius
- Ski poles are not used inappropriately for balance

#### KID-FRIENDLY START INSTRUCTIONS:

- Ski on one ski for eight medium size turns, with the other ski off
- Do not touch your free boot on the snow or swing your foot
- Turns are round, carved, and the same size
- Keep your speed up through all the turns
- You may plant your pole to turn, but do not drag your poles or use them for balance
- Switch legs and repeat

#### Scoring:

Based on the description and criteria for perfect execution above, the skier will be judged on a scale from 0 to 10 where 10 is perfect demonstration of the skill and task and 0 is the inability to demonstrate the skill and task.