SNOWBOARD EVALUATION GUIDE

les Sommets

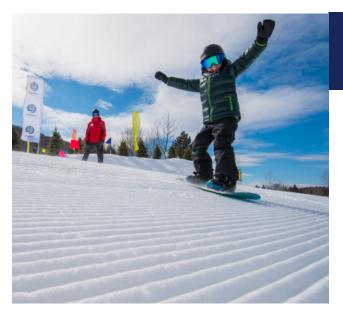## S1. Sliding

TERRAIN: Flat + Half pipe (TBL)

SKILLS – TECHNICAL:

- ☐ Know your equipment
- ☐ Move with one foot attached
- ☐ Sliding in a straight line with one foot attached
- ☐ Maintaining a neutral balance position
- ☐ Autonomous transport of the snowboard

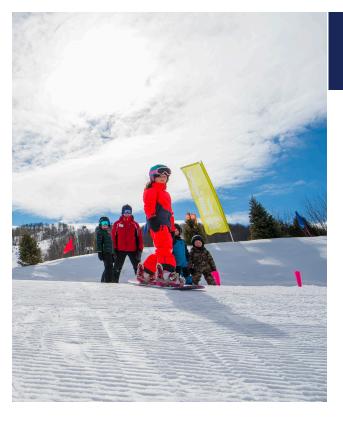**》 NEXT STEP :** Introduction to carving

S2. Introduction to carving

TERRAIN: Half pipe + perfect slope (TBL)

SKILLS - TECHNICAL:

- [ ] Straight descent with heel/toe drag (one foot attached)
- [ ] J-turns with one foot attached
- [ ] Ability to fasten bindings independently
- [ ] Skidding with assistance

▶▶ **NEXT STEP :** Independence

S3. Independence

TERRAIN: Perfect slope (TBL) and Green slopes ●

SKILLS - TECHNICAL:

- [ ] Ability to use the lift alone (Mat, T-Bar)
- [ ] Controlled stopping
- [ ] Heelside skidding
- [ ] Toeside skidding
- [ ] Heelside pendulum
- [ ] Toeside pendulum

》 NEXT STEP : Mountain Exploration

S4. Mountain Exploration

TERRAIN: Perfect slope (TBL) **EXPÉRIENCE INTRO & PLUS** and Green slopes ⬤

SKILLS - TECHNICAL:

- ☐ Power pendulum on toeside
- ☐ Power pendulum on heelside
- ☐ Autonomous mountain exploration
- ☐ Vary the type of runs (adapted to group level)

≫ NEXT STEP : Introduction to Turns
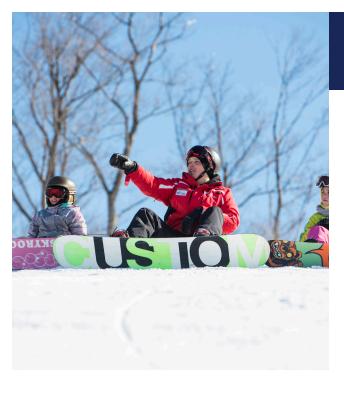
S5. Introduction to Turns

TERRAIN: Banked turns and Green slopes

SKILLS - TECHNICAL:

- [ ] J turns both feet attached
- [ ] Beginner heel side turns
- [ ] Beginner toe side turns
- [ ] Linking beginner turns

NEXT STEP : Novice Turns

S6. Novice Turns

TERRAIN: Blue slopes ■

SKILLS - TECHNICAL:

- ☐ Introducing a traverse between turns
- ☐ Introducing vertical movement during traverse
- ☐ Maintain body alignment (shoulders-hips-feet)
- ☐ Various turns shape depending on terrain
- ☐ Linking novice turns

» NEXT STEP : Intermediate Turns

S7. Intermediate Turns

TERRAIN: Blue slopes 🟦

SKILLS - TECHNICAL:

- ☐ Introducing switch beginner turns (green slopes)
- ☐ Various traverse lenght
- ☐ Demonstrate a variety of turn shapes (with the knees)
- ☐ Ability to adapt to different terrain inclinations
- ☐ Ability to link intermediate turns with vertical movement

》 NEXT STEP : Advanced Techniques

S8. Advanced Techniques

TERRAIN: Blue slopes 🟦

SKILLS - TECHNICAL:

☐ Perform novice turns backwards on green slopes (switch)

☐ Chain of cut turns (carving)

☐ Execute turns with vertical movements (use of lower joints)

☐ Initiate turns with the knees

NEXT STEP : Carving Master

S9. Carving Master

TERRAIN: All terrain (adapted to the criteria)

SKILLS - TECHNICAL:

- [ ] Intermediate turns in switch
- [ ] Chain of cut turns (carving) –green slopes
- [ ] Perform rhythmic short radius turns
- [ ] Cross and turn in bumpy terrain
- [ ] Controlled turns in forest

>> **NEXT STEP : Master of the Mountain**

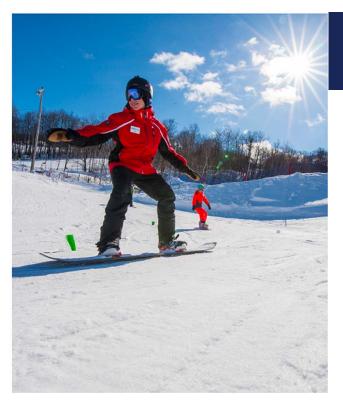# S10. Master of the mountain

TERRAIN: All terrain (adapted to the criteria)

SKILLS - TECHNICAL:

- ☐ Advanced turns in switch
- ☐ Maintain speed while varying turn shapes (small, medium, large)
- ☐ Effective use of inclination/angulation
- ☐ Terrain reading and choosing a coherent, efficient line
- ☐ Smooth and controlled turns in moguls /forest

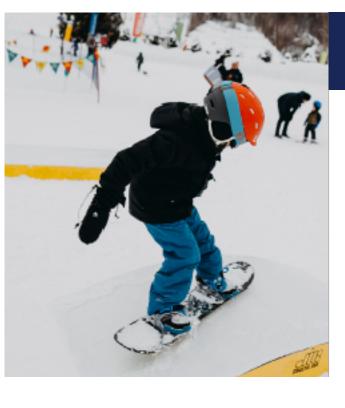**» NEXT STEP : Become an Instructor**

S11. Become an Instructor

TERRAIN: All terrain (adapted to the criteria)

SKILLS - TECHNICAL:

- ☐ Good communication with a group
- ☐ Understanding technical elements
- ☐ Demonstration of on-snow skills
- ☐ Ability to apply and explain technical concepts

- ☐ Become an Instructor with The Summits: https://www.Sommets.com
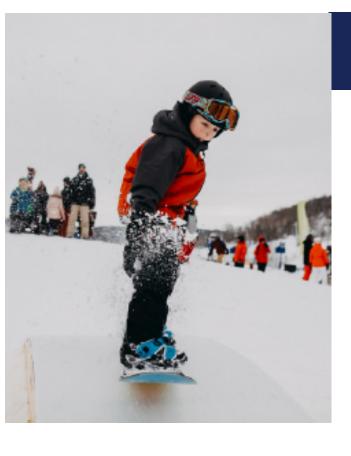
>> NEXT STEP : Introduction to freestyle

F1. Introduction to freestyle

TERRAIN: SNOPRK

SKILLS - TECHNICAL:

- ☐ Knowledge of park safety and etiquette
- ☐ Execute a pop/Ollie (on flat and while sliding)
- ☐ Perform a press (tail/nose)
- ☐ 180/360 sliding rotations
- ☐ 180-degree rotations in traverses
- ☐ Straight jump with small grab in balance
- ☐ Introduction to boxes

» NEXT STEP : Small modules

F2. Small modules

TERRAIN: SNOPRK

SKILLS - TECHNICAL:

- [ ] 180 rotations on a jump (with variations)
- [ ] 360 rotations on a jump
- [ ] 50-50 on a box (with grab/rotation/shifty variations)
- [ ] Introduction to rails
- [ ] Initiate/control/land rotations efficiently
- [ ] Introduce creativity (Slopestyle run)

>> NEXT STEP : Medium modules

F3. Medium modules

TERRAIN: SNOPRK

SKILLS - TECHNICAL:

- [ ] Rotations on jumps (360/540 variations)
- [ ] 50-50 on a box or rail with variations (shifty, rotation, press)
- [ ] Pop onto and slide on a box, rail, or jump
- [ ] Various entries on boxes and rails (sliding/jumping)
- [ ] Choose a coherent line and perform multiple maneuvers in one descent