

Pole Plant (Single and Double) on SL Skis

1. Arms Forward
2. Use of hand and wrist
3. Quiet Upper body
4. Pole tip plant angled forward consistently
5. Proper Timing (edge release)
6. All of the above done perfectly with single pole plant
7. All of the above done perfectly with double pole plant

Apex: SL Skis

1. Carving the initiation (beginning) of the turn
2. Carving the apex of the turn
3. Carving the completion (end) of the turn
4. Transition, do they come to athletic stance?
5. Parallel position of the skis throughout the turn
6. Lower body movement, driving knees through the turn
7. Continues carving with well apex execution (proper turn shape)

One Ski: SL Skis

1. Fore/Aft balance
2. Lateral balance
3. Lower/upper body separation
4. Pole Plant
5. Carving from beginning through completion of turn on both edges
6. Consistent turn shape
7. Speed Control