

MY SKILLS CHECKLIST

My Snowboarding Skills...

Levels 1 - 3

- I know my pro's name _____
- I know how my bindings work
- I can get on and off a chairlift
- I can control my speed by making turns to stop at any time.
- I can make directional changes and avoid obstacles
- I know the Responsibility Code
- I rode my first chairlift and it was called _____
- I do the falling leaf on heels and with speed control
- I make heelside turns
- I make toeside turns
- I can follow the leader and stop at any time

Levels 4 - 6

- I can make small turns and big turns on green runs
- I can do fakie/switch turns
- I can link turns & control my speed on easy green runs and I am ready for a blue run
- I like blue runs

Levels 7 - 9

- I can link short, medium and long radius turns on blue runs
- I know the difference between skidded and carved turns
- I can do a long run without stopping
- I do small terrain park jumps
- My favorite jump is _____
- I know what it means to carve and I am starting to do it
- I have balance and control in powder and crud
- My first black diamond run was _____ I rule!
- My favorite trick is _____