

## **MY SKILLS CHECKLIST**

### **My Skiing Skills...**

#### Level 1 - 2

- I know my pro's name: \_\_\_\_\_
- I know how to put on and take off my skis
- I know how to get up from a fall
- I can make a straight run and I'm starting to turn
- I know the Responsibility Code
- I know what to do if I get lost
- I always make sure I stop below the group
- I can make turns in both directions, and
- I can link them together without an edgie wedgie
- I know how a ski works
- I rode my first chairlift and it was called \_\_\_\_\_

#### Level 3 - 4

- I know what a wedge is and how to use it
- I can traverse with parallel skis
- I am learning a hockey stop
- I know how to use a trail map
- I am starting to match my skis while turning
- I know what it means to control my speed with turn shape and can do it.

#### Level 5 - 6

- I am learning to flex and extend my legs through terrain changes
- I am learning to use my poles
- I am exploring more of the mountain
- I can link turns that are mostly parallel
- I can make short, medium, and long radius turns.
- I like blue runs

#### Level 7 - 9

- I can make different shapes and sizes of parallel turns
- I am thinking a black diamond might be fun, but I don't ski them alone.
- I always ski the appropriate speed for the terrain.