



## ARAPAHOE BASIN KID'S CLUB 2009-2010 ABILITY LEVEL ASSESSMENT

### ALPINE SKILLS

#### **Level 1: Never Skied**

- First experience

#### **Level 2: Skied – Not Stopping**

- Working on gliding, turning to a stop
- Has not ridden a chair lift

#### **Level 3: Gentle Greens**

- Can make wedge turns and stop
- Can ride a chair lift and skis independently

#### **Level 4: Green**

- Starting to link turns
- Has mileage on green terrain

#### **Level 5: Green/Blue**

- Links turns to control speed
- Round turn shape
- On easier terrain, able to begin matching skis

#### **Level 6: Blue**

- On easy blue terrain, matches skis through the middle of the turn
- Working on steering skis with both feet in a variety of turn shapes and sizes
- Starting to explore different snow conditions and bumps

#### **Level 7: Blue/Black**

- Matches skis on all blue terrain
- Hockey stops in both directions
- Continue to explore the mountain and off-piste conditions

#### **Level 8: Black**

- Carving turns on groomed blacks
- Skiing larger bumps
- Skiing different snow conditions- crud, powde off-piste

#### **Level 9: Double Black**

- Working on terrain park, steeps, trees and all snow conditions

### SNOWBOARD SKILLS

#### **Level 1: Never Snowboarded**

- First Experience

#### **Level 2: Not Linking Turns**

- Sliding on toe and heel edge
- Falling leaf, garlands on toe and heel edge

#### **Level 3: Gentle Greens**

- Basic turns on toe and heel edge
- Exploring different turn shapes

#### **Level 4: Greens**

- Linking turns
- Developing turn shape, size, and rhythm
- Making quick stops

#### **Level 5: Greens/Blues**

- Exploring different terrain, snow conditions and
- Adapting to steeper terrain

#### **Level 6: Blues**

- Carved traverses on green runs
- Rides all blues in control
- Switch turns on green slopes
- Control in easy bumps

#### **Level 7: Blue/Black**

- Linked turns on groomed blacks
- Control in bigger intermediate bumps
- Shorter and more dynamic turns

#### **Level 8: Black**

- Linked turns with speed control in blue/black bumps
- Introduction to steeps
- Carved arcs on steeper groomed slopes

#### **Level 9: Double Black**

- Working on terrain park, steeps, trees and all snow conditions