



SKI LEVELS

SK 1.1	I have never skied before
SK 1.2	I can stand, walk, climb & glide
SK 1.3	I can do a gliding wedge, slow down & stop
SK 1.4	I can ride the short Wonder Carpet & do slight turns
SK 2.1	I can ride the long Wonder Carpet & make controlled linked wedge turns to the bottom
SK 2.2	I can make controlled linked wedge turns & make spontaneous wide and narrow turns
SK 2.3	I can make spontaneous turns and come to a complete stop by turning in either direction
SK 2.4	I can ride the chair and also do the above
SK 3.1	I have begun working on reducing the size of my wedge turns
SK 3.2	I can start all my turns in a wedge & bring my skis to a match at the end of each turn
SK 3.3	Introduction to Wedge Christie Turns, steering both legs into the turn
SK 4.1	I have begun working on Advanced Wedge Christies (bring my skis together early in the turn)
SK 4.2	I can wedge my skis slightly at the beginning of each turn but bring them together very early in my turn
SK 4.3	Can ski moderately and I am beginning to use my inside pole as a timing and steadying device
SK 5.1	I have begun to work on keeping my skis parallel without a wedge
SK 5.2	I can change the edges of my skis at the same time without a wedge
SK 5.3	I can use a pole touch to time and steady my turns
SK 6.1	I can use my whole body towards the new turn to change directions
SK 6.2	I can swing and touch my pole to the snow to start each turn
SK 6.3	I can link parallel turns continuously
SK 7.1	I have begun to work on short radius turns
SK 7.2	I can do short radius turns and my lower body and torso faces downhill continuously
SK 7.3	I can do short radius turns and block each turn with a solid pole plant
SK 8.1	I can roll into an early edge and hold the edge throughout the entire turn, leaving a narrow track in the snow
SK 8.2	I can also ski to control my speed
SK 8.3	I can ski any and all terrain, ice, moguls, steeps and race courses

SNOWBOARD LEVELS

SB 1.1	I can manage a snowboard on flat terrain, skating & gliding
SB 1.2	I can walk and climb
SB 1.3	I can manage J-turns
SB 1.4	I am learning uphill edge
SB 2.1	I can load and unload safely on the Wonder Carpet
SB 2.2	I can traverse and stop with J-turn (2 feet)
SB 2.3	I can side skid on traverse
SB 2.4	I can traverse with garlands
SB 3.1	I can turn in both directions
SB 3.2	I can link turns
SB 3.3	I can safely load and unload on the chairlift
SB 4.1	I can manage basic linked & skidded turns
SB 4.2	I am working on speed control, form and balance
SB 5.1	I can link turns of various shape and duration
SB 5.2	I can adjust speed on steeper terrain
SB 5.3	I can adjust stance to accommodate changing terrain & snow conditions
SB 6.1	I am working on adjusting my posture, tilting, pivoting, twisting & pressure distribution
SB 6.2	I can carve turns of various size, shape and duration
SB 7.1	I can manage short skidded turns in the fall line with speed control
SB 7.2	I can manage short carved turns in the fall line
SB 8.1	Intro to fakie & switch riding
SB 8.2	I can manage all terrain and snow conditions safely & confidently