



Athlete Report Reference Tool

Snowboarding Skills (Out of the Park)

POSITION & BALANCE

Balance

1. Athlete is not sturdy on their snowboard, Athlete often falls after or during an attempt to stop
2. Athlete has a little confidence on a snowboard, but often falls when terrain or obstacles become overwhelming
3. Athlete can successfully ride groomers without falling consistently, and begins to attempt runs with more obstacles
4. Athlete can handle most runs without falling, and is able to dodge or avoid any sudden obstacles
5. Athlete is confident and rarely falls down unless performing a trick.

PIVOTING (ROTATION)

Rotation

1. Athletes shoulders make a perpendicular line across the snowboard, chest is facing downhill
2. Athletes rear shoulder is too far forward, causing toe edge carves to look unbalanced
3. Athletes shoulders are not parallel with the snowboard, often uses upper body rotation to initiate a turn
4. Athlete is initiating turns with their lower body, shoulders are close to parallel with the snowboard
5. Athletes shoulders are parallel to the snowboard and the athletes lower body is active in initiating turns

EDGING

Carving

1. Athlete rarely switches from the heel edge, slides on heel edge through difficult terrain
2. Athlete shows signs of hesitation when switching to heel edge, slides on heel edge through difficult terrain
3. Athlete can switch between toe and heel edge on green terrain, and is beginning to attempt toe side carves in difficult terrain
4. Athlete is able to switch edge to edge on all groomed runs and is building confidence in tree runs, and moguls.
5. Athlete shows confidence on both edges in all terrain, and is demonstrating small tricks on natural features

Flat Base

1. Athlete is only comfortable on a flat base when stationary
2. Athlete rides a flat base for brief sections, but is not in control
3. Athlete can flat base at slower speeds, but shows hesitation at higher speeds
4. Athlete is confident flat basing in most situations, is able to flat base to keep speed up
5. Athlete can flatbase bomb steep sections
- 6.

PRESSURING

Carving

1. Athlete does not manipulate their weight distribution, often rear leg dominant
2. Athletes weight is centered when riding, but does not manipulate weight distribution
3. Athlete is starting to understand how to transfer their weight to the inside of their next turn
4. Athlete can transfer their weight to bend their board, and experiences rebound into the next turn
5. Athlete transfers weight fluidly to own their line on the mountain

Pumping and Ollieing

1. Athlete does not manipulate their weight vertically, cannot ollie
2. Athletes weight is centered when riding, learning to ollie stationary
3. Athlete is starting to understand how to move vertically, starting to ollie while moving
4. Athlete is weighting and unweighting the board in harmony with the terrain (pumping), can ollie at medium speeds
5. Athlete flows down the mountain and can ollie off moguls and side hits at high speeds

TIMING & COORDINATION

Freeride

1. Athlete does not yet efficiently combine the above skills, not always turning on both sides
2. Athlete coordinates the above skills in easy terrain, turns both ways but shape is uneven
3. Athlete is gaining coordination on intermediate terrain, heel and toe turns are beginning to become symmetrical
4. Athlete is comfortable in most terrain and has full control over their maneuvers
5. Athlete is confident and manipulates their path down the mountain in a smooth and creative ways

Switch

1. Athlete does not ride switch
2. Athlete rides switch briefly to avoid obstacles a low speeds
3. Athlete is beginning to practice switch riding but is still quite uncomfortable even on groomers
4. Athlete can ride switch on groomers and is practicing adding speed (now proficient at switch edging both sides)
5. Athlete is comfortable switch and is now able to utilize features, add speed, and look confident switch

Park Skills:

Jumps

1. Athlete is not ready to hit jumps
2. Athlete makes use of small side hits, but is often off balance and speed judgment is not satisfactory
3. Athlete hits small jumps and is able to land safely, working on carrying enough speed consistently and begin working on flat base takeoffs
4. Athlete is able to takeoff properly flat based, speed is often close to perfect, still undershoots jumps occasionally
5. Athlete is comfortable taking off flat based, is able to carry more than enough speed, and can manipulate edged takeoff to perform spins

Rails

1. Athlete attempts the smallest rail feature, but does not demonstrate and balance or board control (ride on features)
2. Athlete is able complete short ride-on boxes and tubes (50-50) and dismount safely most of the time
3. Athlete is playing with backside boardslides on ride on boxes, and is exploring 50-50ing "street style" rails (mount from the side)
4. Athlete is confident at locking in a 50-50 or boardslides on all small features, can dismount switch, and is attempting larger rails
5. Athlete can be creative on smaller features and is now pursuing larger features with more than just 50-50s in mind

Transition (ie:Halfpipe, quarter pipe, and bowl features)

1. Athlete does not transfer their weight to compensate for transition, often falling
2. Athlete is beginning to allow their board to climb transitions but has difficulty edging
3. Athlete is beginning to practice edging on transitions, often more successful on toe edge
4. Athlete can use both edges in transition and does not lose balance when their board climbs the transition
5. Athlete is able to manipulate transition for airtime regardless of what edge they are approaching with, and makes use of transition to create speed

Speed Control

1. Athlete hits features with far too little or far too much speed
2. Athlete can safely make it to the landing, but is often inconsistent
3. Athlete carries just enough speed at their feature, and is beginning to understand changes in conditions and ways to combat speed problems
4. Athlete is very consistent with their speed, sufficiently adjusting according to weather and equipment
5. Athlete is able to carry more or less speed when needed to perform tricks, judges speed consistently on all features

Spinning (180s, 360s, 720s+)

1. Athlete is not yet ready to spin
2. Athlete needs to improve their edging and takeoffs to gain the edge control necessary to spin
3. Athlete is able to takeoff of toe or heel edge to create rotation, edge is “scrubbing” (edge does not leave the jump straight) 180s
4. Athlete sometimes scrubs the takeoff, but is consistently taking off of the correct edge when throwing 180s and 360s pop is being practiced
5. Athlete is confident on both edges for takeoffs, rarely scrubs, and incorporates a strong pop

Grabs & Style

1. Athlete does not grab board
2. Athlete briefly touches board while jumping
3. Athlete solidly grabs the board throughout the length of the jump
4. Athlete can grab the board in many different positions with purpose
5. Athlete tweaks, shifts or chooses not to grab to express their style and control during the trick