Schweitzer Snowsports

Which level fits best?

- Never skied or snowboarded before
- SKI Can stop and turn both directions across the hillSB Can stop and use a falling leaf to change direction
- SKI Comfortable stopping and making wedge turns on green terrain (Musical Chairs)
 SB Comfortable turning onto heel side edge Working on turning onto toe side edge
- SKI Beginning to parallel turn on green and easier blue terrain (eg: Musical Chairs or Midway)SB Links turns (heel to toe and back) on green terrain
- SKI Uses parallel turns to control their speed on all green and easier blue terrain Rarely in a wedge on challenging blues (eg: Ridge Run) Learning to use poles properly
 SB Confidently links different turn sizes and shapes on all green terrain and easier blue terrain
- SKI Always parallel on all blue runs and often parallel on easier black terrain (eg: Jacks Dream), using turn shape to control speed Swings and plants poles
 SB Always links turns (heel and toe) on all blue and easier black terrain Can ride switch on easy terrain Exploring bumps, trees, and easier ungroomed terrain
- SKI Always parallel on all groomed blue and black terrain, using varied turn size and shape to control speed Improving in skiing ungroomed runs and proper pole use Skis ungroomed terrain 50% of the time
 SB Links turns on most terrain Can ride switch on easy blue terrain Can ride easy terrain park features smoothly Rides ungroomed 50% of the time
 - ungroomed) Working on rhythmic turns on more difficult black terrain with pole plants Skis ungroomed terrain 75% of the time

 SB Adjusts turn size and shape to adapt to various terrain without using upper body to initiate turns Rides ungroomed terrain 75% of the time

SKI Smoothly and confidently skis the entire mountain, exploring more difficult lines • Learning

SKI Makes smooth turns of varying sizes and shapes on all blue and black terrain (groomed and

- different strategies in the hardest terrain and snow conditions

 SB Rides all mountain conditions smoothly, including steeps, trees, and terrain park No usage of upper body movements to initiate turns Uses dynamic turns predominantly (moving upper and lower body independently with legs steering to start turns)
 - uses a pole plant Initiates turns from the feet and legs rather than the upper body

 SB Rides all terrain in all conditions smoothly and flawlessly, including medium to large terrain park features Always dynamic with turns Can adjust turn size and shape any time on demand Can ride switch in most terrain

SKI Smoothly skis the fall line on the most difficult terrain in the most difficult conditions • Always

