



## **APEX**

**Objective:** To have consistent turn shape and rhythm from top to bottom

**Primary Skill:** Edging

**Justification:** This drill teaches timing and to ski with rhythm, while moving across the fall line.

**Slope:** Easy to easy intermediate terrain

**Set-up:** SL=Stubbies/Whiskers, GS=panels - Choice of terrain should be easy Blue. Assessing desired radius is first step. For 10m SL, distance from top gate to top gate must be 10m. Vertical distance to 2<sup>nd</sup> double gate should be half of 40% of chosen radius (4m). Same ratio applies to GS. If setting for 20m turn shape, vertical distance to 2<sup>nd</sup> double gate is 8m. Distance to first gate from the start is 50% more than chosen radius to allow speed to build, and is not as far out of the fall line. Off set should be moderate to extreme to promote movement across the fall line.

### **Description:**

- Skiers must ski around all double gates with the goal of hitting the apex between the double gates
- Skiers should have symmetry on both sides
- Course set should allow skier to maintain speed from top to bottom

### **Criteria for perfect execution:**

- Skis show a high degree of carving
- Linked round turns such that speed is maintained throughout
- A pole swing coincides with edge release and center-of-mass movement into new turn
- Balance is maintained in all three planes

### **Kid Friendly Setting:**

- Set whiskers in place of stubbies to allow skiers to move inside the arc. Alternatively make the corridor more narrow.

**Scoring:** Starting with a perfect score of 10, subtract up to:

- 2 points for every instance of balance that requires a drastic correction
- 1 point for every turn that is not round
- ½ point for every turn where speed is not maintained
- ½ point for every turn that does not have a high degree of carving
- ½ point for every missed pole swing