

## **PICKET FENCE**

**Objective:** To travel through the course as efficiently as possible, while maintaining speed and a quiet upper body

**Primary Skill:** Pivoting

**Justification:** To combine the skills of rotary, edging, and pressure.

**Slope:** Intermediate groomed terrain.

**Set up:** Set gates in a straight line (no off-set) down the fall line, vertical distance (VD) of 2.5m. Gates must not be hinged (bamboo or poly pole). Start can be set at the start of a knoll or break over before the transition to a steeper section. Variations in vertical distance can increase or decrease the challenge for skiers.

### **Description:**

- The skier skis around all poles in the course, alternating sides.
- The skier times their pole plant with turn initiation and uses the correct amount of edging and pressure to maintain speed

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

- Balance is maintained in all three planes
  - Linked turns such that speed is maintained throughout
  - The skis show a high degree of mobility
  - A pole plant is obvious for each direction change
  - Upper body remains quiet and faces down the fall line
- 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 gate that is missed
  - ½ point for every turn where pole plant/touch is not used
  - ½ point for every turn where skis are not used in unison.

CLUB EXCELLENCE PRESENTS

