



## **Side Slip Traverse**

**Objective:** To travel across the fall line while skidding skis with consistent speed

**Primary Skill:** Edging

**Justification:** The ability to roll the ski on and off edge is a crucial skill for any ski racer, and only skiers who are able to flatten their skis while travelling sideways will be successful at this task.

**Slope:** Beginner groomed terrain that is even from side to side, without sidehill or fall-away.

**Set-up:** Using whiskers or a dye line, create a starting area and a finish area that are approximately 45 degrees across the fall line from each other. Start and finish line should be no closer than 20m apart, width of corridor should not be narrower than 5m. Set up start and finish areas so that skiers use both skis as their downhill ski.

### **Description:**

Ski in a straight run across the fall-line

Skier should maintain consistent speed from start to finish

### **Criteria for Perfect Execution:**

Skier maintains straight path across the fall-line

Equal distance maintained between both skis

Both feet maintain snow contact without stepping

Upper body remains facing down the fall line

Poles do not touch the snow

### **Kid-Friendly Start Instructions:**

Set up start and finish areas to have a smaller off fall line degree (15-20 degrees)

**Scoring:** Based on the description and criteria for perfect execution above, the skier will be judged on a scale from 0 to 10 where 10 is perfect demonstration of the skill and task and 0 is the inability to demonstrate the skill and task.