CLUB EXCELLENCE PRESENTS

Straight Run In Wave Track

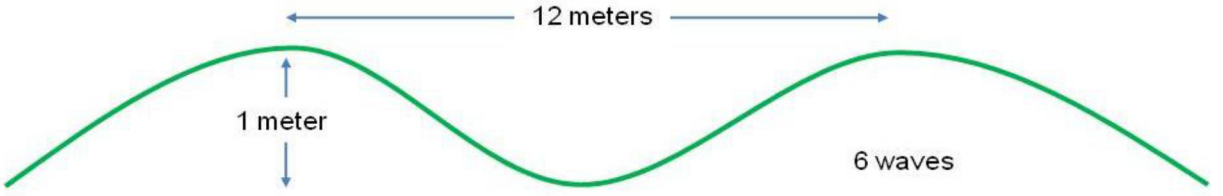
Objective: Using flexion and extension of the lower body to manage pressure against the snow over undulating terrain in an aerodynamic position.

Primary Skill: Pressure

Justification: Ski racers need to manage undulating terrain. On another level, the ski racer needs to have the ability to manage ski/snow pressure, either to create speed or to maintain speed.

Slope: Beginner slope

Set-up: Six waves are constructed by a snow cat that are one meter high when measured from the bottom of the trough to the apex of the roll. Waves are perpendicular to the fall-line and spaced at 12 meters apart from crest to crest. Width is one snow cat grooming width, or about 5 meters.



Description:

- The skier enters the wave track at GS speed
- The skier skis in a straight run maintaining a consistent high tuck position such that they can absorb the "waves" through flexion and extension of the lower body

Criteria for perfect execution:

- The skier's upper body remains at the same relative elevation above the horizon that is consistent with the pitch of the hill
- Lower body absorbs the rolls and maintains or increases pressure on the downside of the rolls
- Skis remain flat against the snow and run straight in the fall-line
- Skier maintains equal distance between both skis
- Skis have even pressure between left and right
- Skier adjusts fore/aft pressure to increase speed

Scoring:

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

- 2 points for not maintaining straight run down the fall-line
- 2 points for not working terrain and gaining speed
- 1 point every time weight is not evenly distributed between left and right ski
- 1 point for every roll the athlete is excessively forward or aft relative to the task
- 1 point for not maintaining flat skis on the snow
- 1 point for every time athlete is in the air
- 1 point for widening or narrowing of stance
- 1 point for elbows outside the knees in tuck
- 1 point for every roll the athlete is not in a tuck