



FREESKI WITH POLE USAGE

Objective: To ski GS radius turns with pole usage.

Primary Skill: Balance

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

Slope: Easy intermediate groomed terrain.

Description:

- The skier skis eight GS radius turns
- The skier times their pole swing with the edge release while their center-of-mass moves into the new turn

Criteria for perfect execution:

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

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