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|--|------------------|--|------------------|---------------|------------|-------------|----------------------------------|---------------------|--|---------------|---------|--------|
| Date: | Lesson: | Today's Goal: | | | | | | | | | | |
| Instructor(s): | AM PM FULL | Goal accomplished? NO seldom sometimes almost YES | | | | | | | | | | |
| Equipment Modifications | | Level of Support (Check One) | | | | | | Today's Conditions: | | Working On It | Masters | # Runs |
| Stand Skiing Milestones | | Full Phys Assist | Part Phys Assist | Verbal Prompt | Visual Cue | Independent | Trails/Terrain (SW // SP) | | | | | |
| Walking, shuffling, climbing with equipment on | | | | | | | Magic Carpet | | | | | |
| Straight run in a gliding wedge | | | | | | | Upper Magic Carpet (SP) | | | | | |
| Gets up after a fall | | | | | | | Little Thunder // Daisy | | | | | |
| Loads, unloads and rides chairlift/carpet safely | | | | | | | Julies // Hogsback | | | | | |
| Wedges or steers skis to a stop in both directions | | | | | | | Dodge // Tye Mill | | | | | |
| Links round turns in both directions (wedge or parallel) | | | | | | | Pacific Crest // Skyline | | | | | |
| Speed control through turn shape to match terrain | | | | | | | Other: | | | | | |
| Matches inside ski at end of turn, skidding at end of turn | | | | | | | Tips/Tricks for Success: | | | | | |
| Matches skis before fall line with skidding | | | | | | | | | | | | |
| Hockey stop in both directions | | | | | | | | | | | | |
| Adjusts balance and stance to changing speed/terrain | | | | | | | | | | | | |
| Links open parallel turns /progressive shaping of turn | | | | | | | | | | | | |
| Appropriate use of poles/proper outrigger placement | | | | | | | | | | | | |
| Participant's comments/perceptions of the day? Instructor's comments? | | | | | | | | | | | | |
| Plans/suggestions/goals for next lesson? | | | | | | | | | | | | |

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