

Student:

STAND SNOWBOARD PROGRESS REPORT

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Date:	Lesson:	Today's Goal:												
Instructor(s):	AM PM FULL	Goal accomplished? NO seldom sometimes almost YES												
		Comments:												
Equipment Modifications		Level of Support (Check One)							Today's Conditions:			Working On It	Masters	# Runs
		Full Phys Assist	Part Phys Assist	Verbal	Prompt	Visual	Cue	Independent						
Stand Snowboard Milestones		Trails/Terrain (SW // SP)												
Skating/walking with equipment		Magic Carpet												
Straight glide		Upper Magic Carpet (SP)												
Gets up after a fall		Little Thunder // Daisy												
Straight glide with slight direction change		Julies // Hogsback												
Turns to a stop in both directions		Dodge // Tye Mill												
Side slipping		Pacific Crest // Skyline												
Loads, unloads and rides chairlift/carpet safely		Other:												
Falling leaf		Tips/Tricks for Success:												
Toe/heel traverse														
Speed control through turn shape to match terrain														
Links round turns in both directions														
Adjusts balance and stance to changing speed/terrain														
Carved turns														
Participant's comments/perceptions of the day? Instructor's comments?														
Plans/suggestions/goals for next lesson?														

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