

Develop our own skills quest skill that is “SL turn shape.” Lifting a drill set similar to one from the Pocket Guide, we could set a small section of stubbie gates with moderate offset, straight down the fall line. Athlete passes above the top brush, around the stubbie and above the bottom brush.

Judging criteria could be something like:

- Athlete waits for the rise line, does not start turn too early
- Athlete initiates edge angle at the upper brush
- Athlete increases pressure smoothly through the top half of the turn with pressure peaking at apex
- Athlete keeps both skis parallel throughout the turn; no splaying of tips is detected
- Athlete shows equal edge angle on inside and outside ski
- Athlete releases pressure smoothly through second half of turn, spraying of snow is minimal
- Athlete uses the lower brush as a timing indicator for pole plant
- Athlete has both skis flat on the snow surface in conjunction with pole plant
- Athlete takes energy generated in the flexed ski in the apex and applies it downhill, not across the fall line

