

# SNOWBOARDING PROGRESS CARD

## LEVEL 1 INTRODUCTION TO SNOWBOARDING

Introduction to equipment

Slope safety

I can skate in a straight line

I can straight line down the hill

## LEVEL 2 INTRODUCTION TO SIDESLIP

I can sideslip on my heel edge

I can sideslip on my toe edge

Introduction to the button lift

## LEVEL 3 STEERING IN A SIDESLIP

I can diagonal sideslip on my heel edge

I can diagonal sideslip on my toe edge

I can do a falling leaf on my heel edge

I can do a falling leaf on my toe edge

I can competently use the lift

Practising

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Accomplished

<input type="checkbox"/>	<input type="checkbox"/>
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## LEVEL 4 TURNING INTO A FALL LINE

Consistently weight the front of the board

Comfortably enter the fall line on my toe edge

Comfortably enter the fall line on my heel edge

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

## LEVEL 5 TURNING OUT OF A FALL LINE

Comfortably exit the fall line on my toe edge

Comfortably exit the fall line on my heel edge

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

## LEVEL 6 LINKED TURNS

I can make "G" turns, toe to heel

I can make "C" turns, heel to toe

I can perform linked turns

I adhere to the FIS & responsibility codes

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Signed by Instructor: \_\_\_\_\_ Date: \_\_\_\_\_

Instructor comments