



Interski 2015 Ushuaia Argentina by R James Lister

German on snow workshop

-Observation & Judging /Root cause analysis

This on snow workshop was linked directly to the off snow key note lecture on; **Movement perception: Observing, Evaluating, Assessing and Advising (A-O-E) The analytical method for optimising movements.**

The German workshop was delivered by two team members, Johannes and Max. From the offset it was made clear to us that the workshop topic was to demonstrate the 5 key points assessed at their top level. The instructor when undergoing examination is assessed on the quality and accuracy. Analytical skills and how to then develop performance (very similar to Basi's TIED model).

These five points are prioritised in the following order:

- 1 The behaviour and performance of the skis during a given Turn shape. In this part some of the indicators are; ski snow contact, consistency of turn shape.
- 2 Attributes for optimal ideal turns throughout the entire turn with the key point of this being pressure management.
- 3 Attributes for optimal exit and transition phase, the two main elements here are; moving forward and applying pressure with the new outside ski during the transition.
- 4 Attributes for optimal steering, increase pressure and use it.
- 5 Rate and range of extra movements which can be positive or negative depending on the outcome. Examples such as head tilt or inside pole drag could be taken into consideration to increase or decrease performance.

The workshop 1 document can be found at the following link:

<http://www.dvs-interskideutschland.de/Kongresse%20Workshops%20Interski%202015%20final%20dt%20und%20engl.pdf>

The performance is assessed in percentages for each of the above 5 points. A minimum of 90% is required to pass the top level exam; this percentage is dropped lower to suit the requirements of the lower levels within the German system.

The German system has 4 levels. The level 4 exam consists of the following criteria :

- Eurotest
- Free run in variable terrain
- Freestyle
- 2 x Technical exams
- 2 x Teaching episodes, one is prepared and one is spontaneous

All information from DVS Germany can be found at: <http://www.dvs-interskideutschland.de>

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