

CANADIAN SKILLS COMPETITION STATIONS AND GUIDELINES

PICKET FENCE (KARAOKE) -

SET UP - 30 TALL GATES – SET GATES IN A STRAIGHT LINE DOWN THE FALL LINE AT 2 – 2.25 M VERTICAL DISTANCE ON CONSISTENT MEDIUM TERRAIN (BLUE)

HOW TO MEASURE – TIME, SCORE 1-10 LOOKING AT FLOW, RYTHYM, COORDINATION OF MOVEMENTS AND POLE PLANT

VARIATIONS – DUAL, CHASE THE LEADER (START 4-5 GATES APART),

IN AND OUT – START OPPOSITE WAYS 1 GATE APART AND STAY TOGETHER (SYNCHRO) OR START SAME WAY 1 OR 2 GATES APART AND KEEP THE SAME RYTHYM

SKILLS EMPHASIZED – POLE PLANT, SEPARATION, MOVEMENT, STEERING, TIMING, COORDINATION, EDGING,

SPEISS -

SET UP – WIDE START GATE WITH A FINISH LINE (DYE) 20 M DOWN THE HILL

HOW TO MEASURE - COUNT THE TOTAL NUMBERS OF JUMPS (180 DEGREE DIRECTION CHANGES FROM START TO FINISH. THE ATHLETE MUST STAY IN MOTION

VARIATIONS – ONE SKI,

SKATING RACE -

SET UP – START & FINISH GATE, BAMBOO POLES SET IN FIGURE 8 – 30 M END TO END

FLAT AREA – CLOSED OFF TO SKIER TRAFFIC

HOW TO MEASURE: TIME – STOP WATCH – 2 TRIES – TAKE BEST TIME

SKILLS – EDGING, COORDINATION, AGILITY, LOWER JOINT MOBILITY, POWER