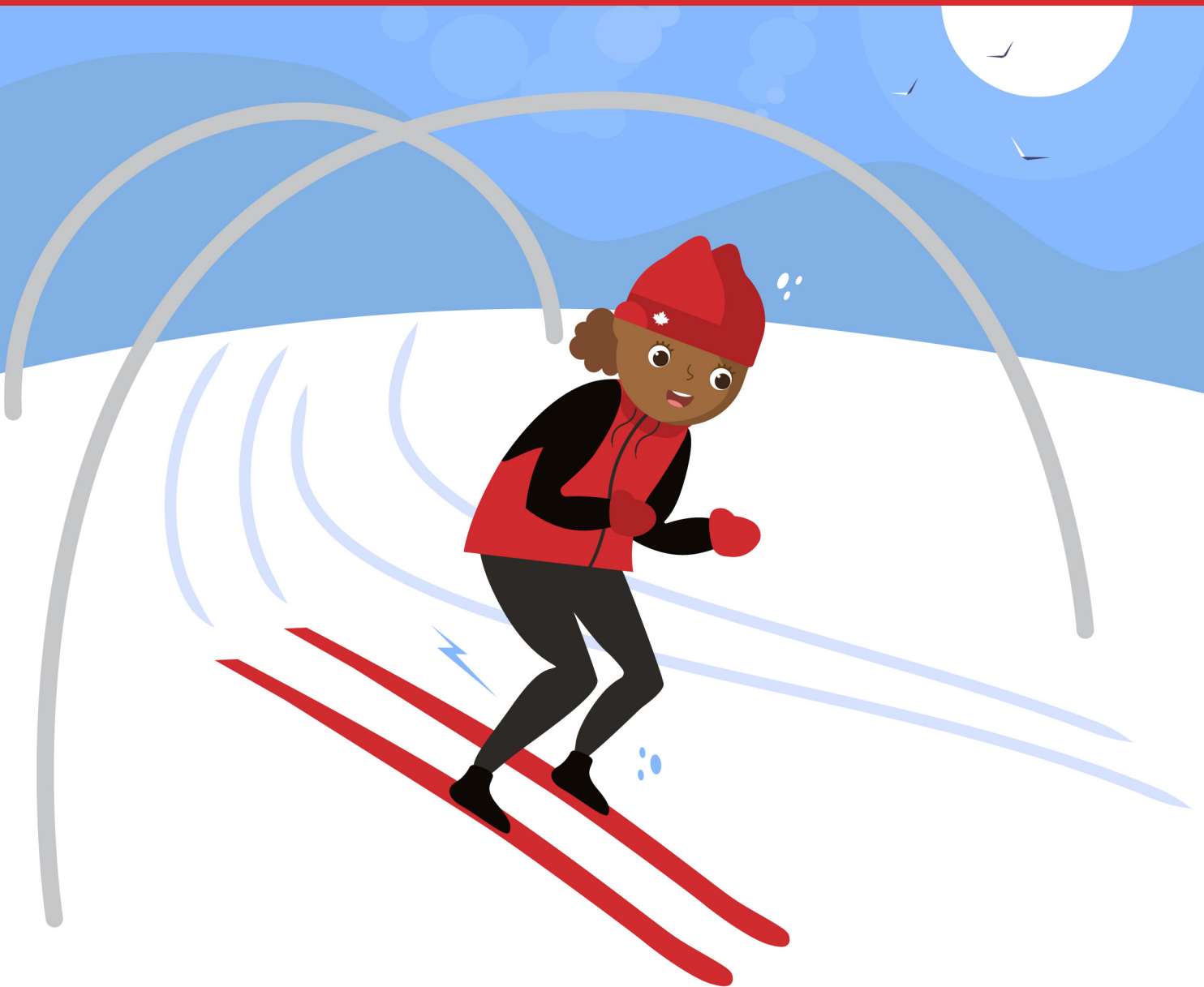


# Arches



# Arches



**Flexion and extension of ankle,  
knee and hip joints**

# Ring Bell



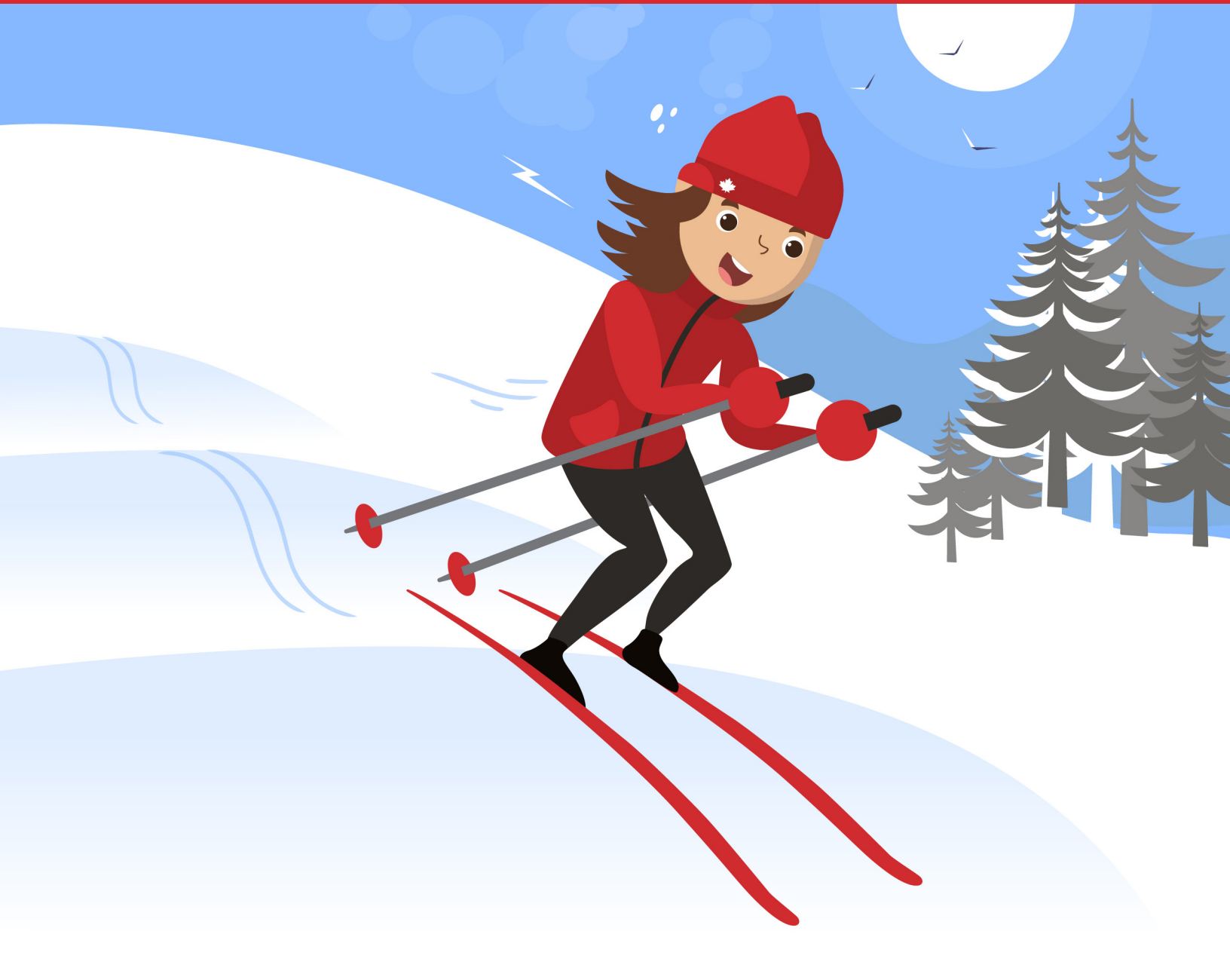
Extend through core

# Obstacles



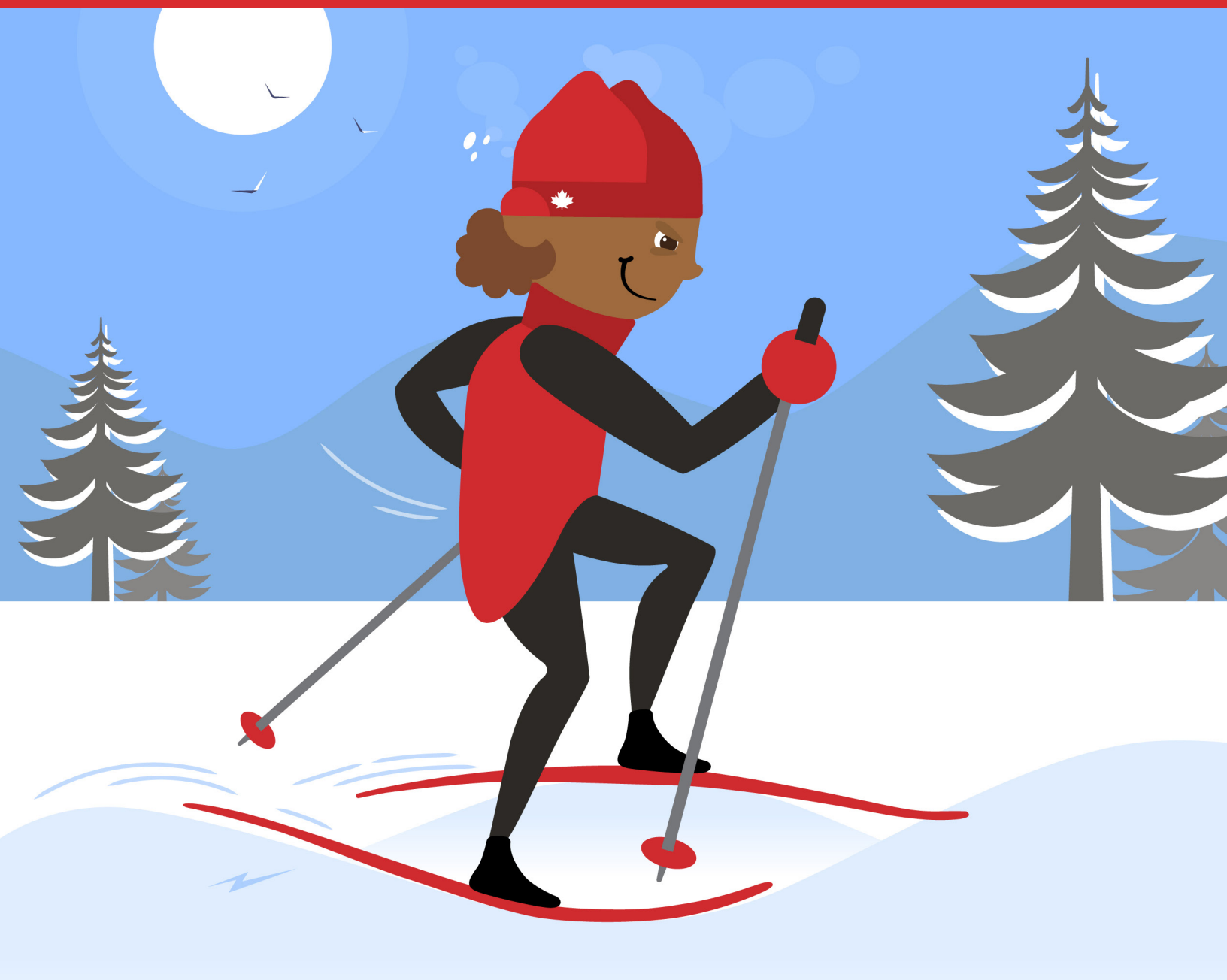
Single leg step over or  
double leg hop over

# Roller Coaster Dips



Carry speed through  
the dips to the next bump

# Bicycle Dips



**Alternate flexion and extension  
in ankles and knees**

# Maze



**Find the fastest way through  
without making contact**

# In-Line Slalom



Change direction while moving



# Circle



**Accelerate consistently around  
the circle in both directions**

# Track Change



Change tracks without losing speed

# Uphill Slalom



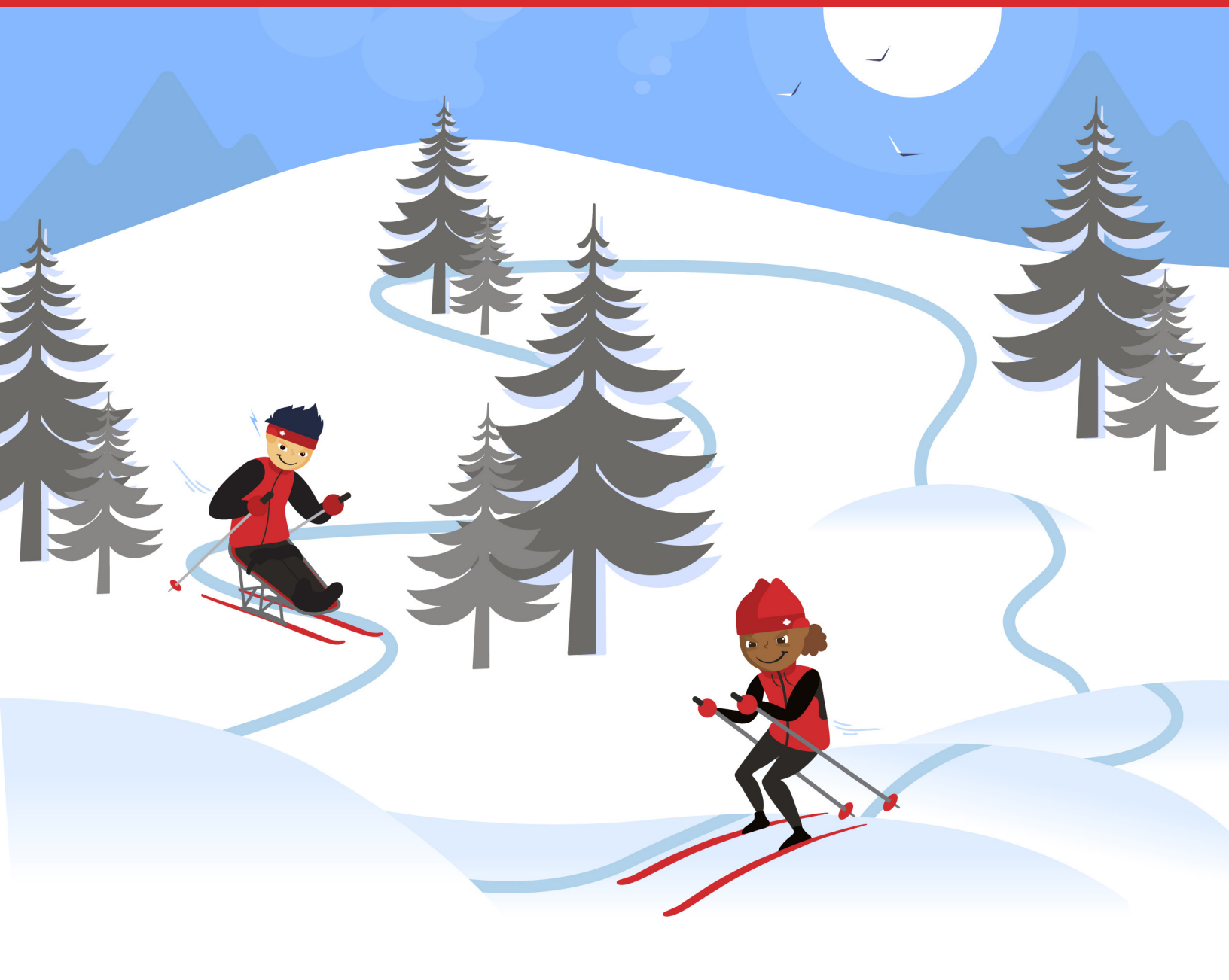
**Ski uphill around cones  
as fast as possible**

# Ramp



**Adapt technique to terrain**

# Adventure Trail



Follow an adventure trail

# Start Sprint



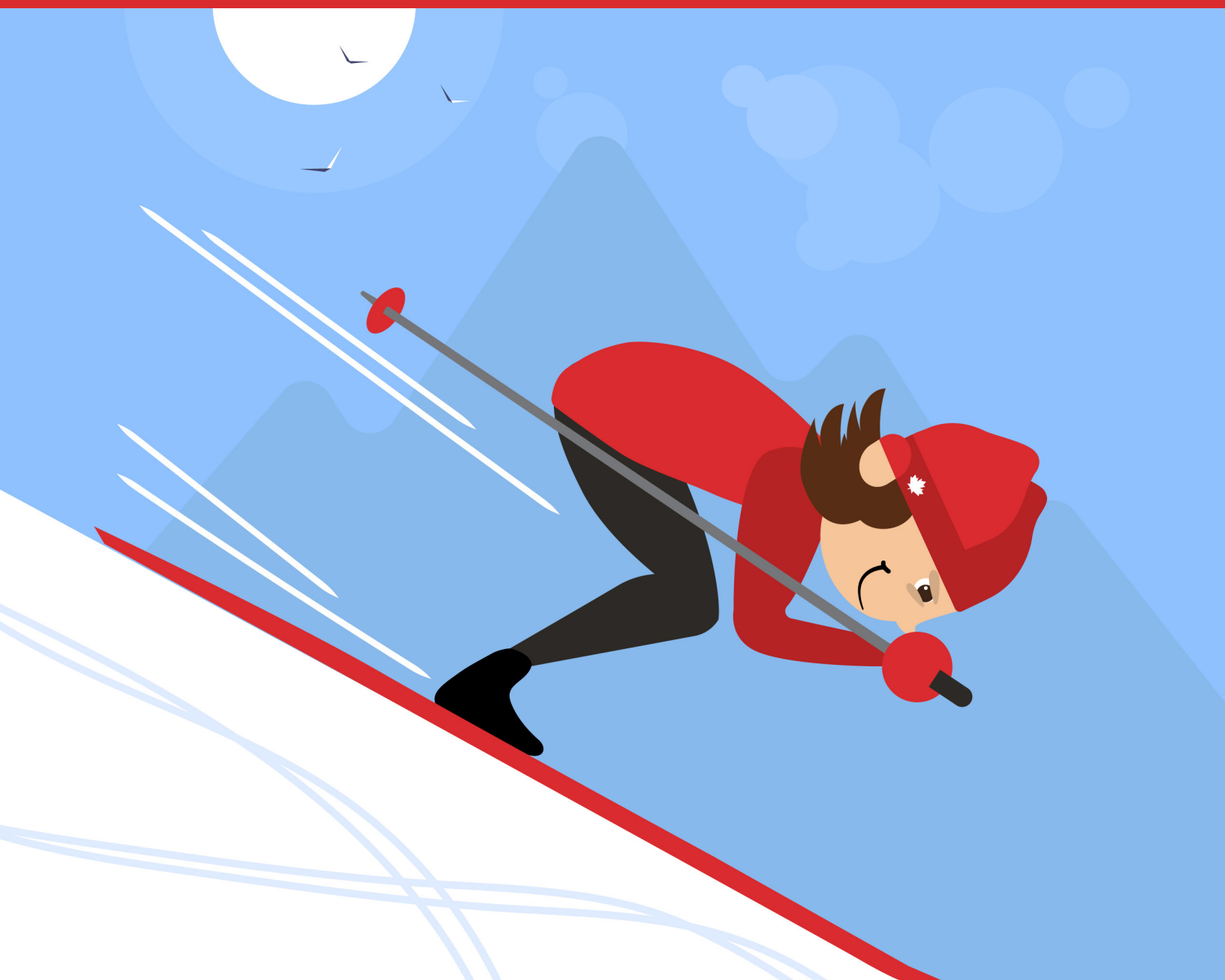
Accelerate to achieve race pace

# Sprint to Finish



**Accelerate to finish**

# Speed



**Glide in downhill tuck position**



# Giant Slalom



Ski through course maintaining speed

# High Speed Turn



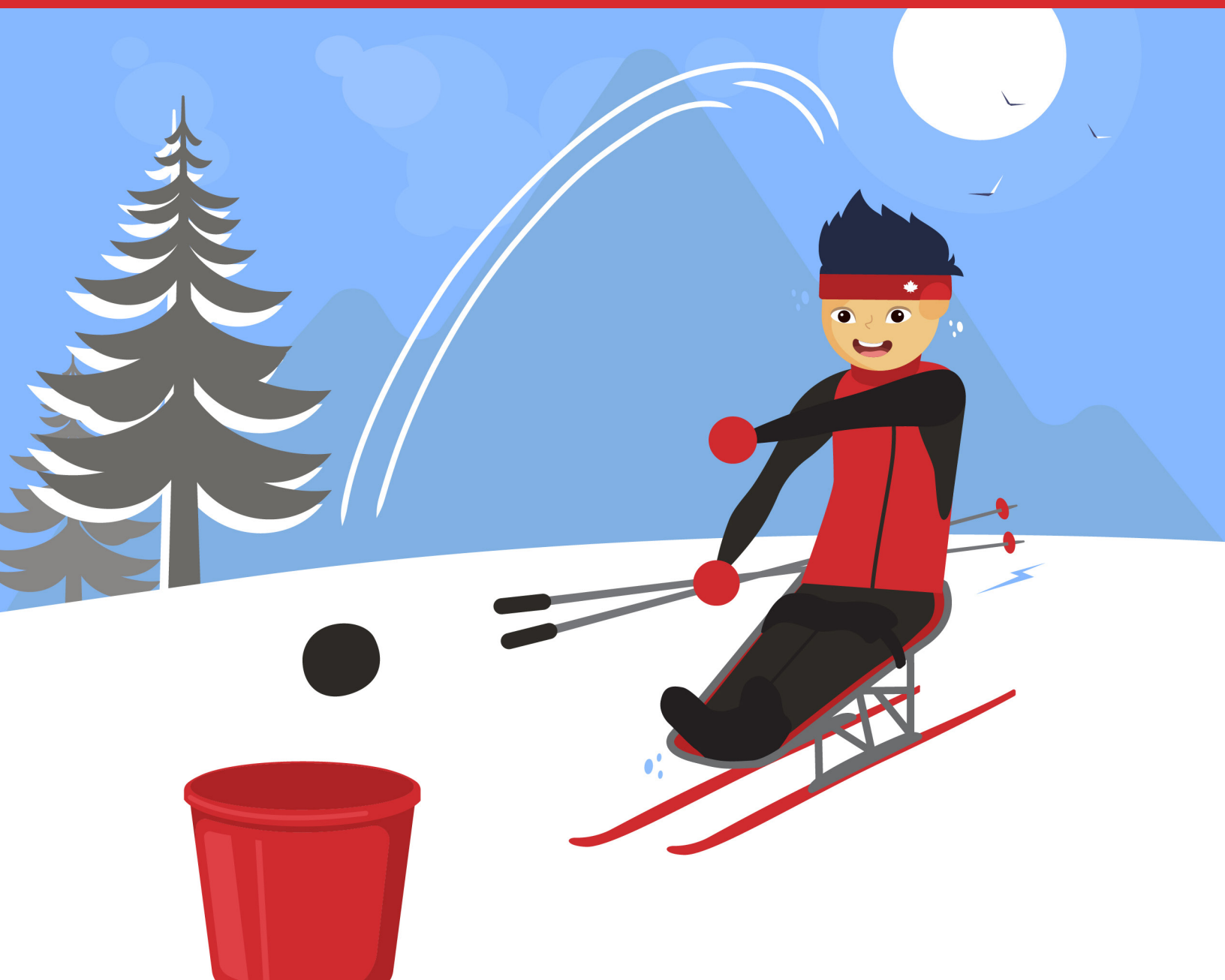
Choose the best line

# Stop



## Snowplow stop

# Ball Toss



Land ball in target

# Jump



Land a jump

# Telemark Holds



**Weight evenly distributed,  
skis straight and parallel**

# Stop Drop + Prone



Biathlon prone shooting position

# Drop Jump



**Maintain balance during inrun,  
take off, flight and landing**



# Inrun



**Be balanced and stable**

# Ring Bell



Weight forward and up