

ANSC Jump'N Fly Skill League

Level 1 - "RABBIT" K-18 landing hill and K-18 jump

R - I know and can demonstrate 5 main points of the inrun position (on the field and when skiing). I know what is the telemark position and can show it properly (on the field and when skiing)

A - I can control my skis and have good balance while skiing down landing hill in inrun position and can hold it through transition curve. I can coordinate my arm, leg and body movements and know the difference of coming to stop on saw-dust and snow.

B - I know what I should do if I fall and can safely recover from it on the hill (falling to the side, back and offset forward)

B - I know why stretching is important in ski jumping and can show 3 important stretches. I know how to take good care of my jumping and cross-country equipment (skis, boots, suits, helmets, goggles)

I - 80% of my jumps on k-18 are past 7 meters with ski tips wider than the tails (*I understand the "V idea"*). (Most of my jumps are past 10 m with tele and "V" for "Gold I")

T - I know the top Canadian male and female Ski Jumpers and Nordic Combined skiers (look up the names at www.skijumpingcanada.com and www.nordiccombinedcanada.com) as well as 3 world-class ski jumpers (look up at www.fis-ski.com)

INFO - me and my parents use Altius Nordic Ski Club website to look for training schedules and other important program related information. www.altiusnordicskiclub.com

&

I have fun doing all of the above!