

## ANSC Jump'N Fly Skill League

### Level 2 - "ANTELOPE" K-18/38 landing hill and K-18 jump

A - I know 6 phases of the ski jump and can show all of them doing imitations

N - I can properly perform inrun imitations (5 x 5sec inrun sets on flat; from 8" to 20" high box drop right into a correct inrun position; 3 inrun-up-inrun on the k-18/k-38 landing)

T - I can quickly switch from flight position to the telemark position jumping off the bench (10 out of 10 telemark landings off 15"bench; telemark set on the k-18/k-38 landing - hold tele through transition curve! 3 tele-up-tele /hop-tele on the k-18/k-38 landing)

E - I have good sense of balance skiing on 1 ski down the k-18/k-38 landing hill

L - When stretching, I can touch my toes with my hands while my knees are straight and I can keep this position for 20 seconds

O - 80% of my jumps on k-18 are past 10 m with telemark and "V" (12,5m with telemark and "V" for "Gold O")

P - *Balance and coordination gymnastics skills (Fall and Spring component):*

- a. from trampoline - Flip forward, land on feet for Silver (in telemark for GOLD P); Inrun, flight position and telemark landing;
- b. on balance beam - Walk on toes one way, turn around, walk back; Flight position and reverse telemark imitations;
- c. on the floor - 5 forward rolls/5 back rolls

P - I know 3 world-class Nordic Combined skiers. I Know 3 ski jump clubs in North America. Hoppers, look up at [www.fis-ski.com](http://www.fis-ski.com) and Google / Yahoo the clubs

E - I help my younger teammates when they need or ask for help (changing uniforms in the trailer, equipment care, etc).