

ANSC Jump'N Fly Skill League

Level 3 - "TIGER" K 38 jump/ k-63 landing hill

T - Take off movement

- a. I know why takeoff movement is the most important part of the jump and I can well perform it doing imitation.
- b. I know why timing at takeoff is important for a good jump. 80% of my jumps timing at takeoff is good and well controlled.
- c. My shoulders are quiet as well as my arms, I only use legs power to jump. I lock my legs and pull my toes to enter the flight position.
- d. I can adjust direction of my takeoff according to size of a jump (k-18 & k-38)

I - I can perform solid inrun set in challenging conditions:

- a. from 8" to 20" high box placed before incline drop into an incline to a correct inrun position;
- b. balanced inrun set on balance board (hold 5 sec +);
- c. inrun skiing down k-38 and k-63 landing hills:>> centre of gravity is in the middle, not back! + hold through transition

G - I can telemark in challenging conditions

- a. from 8" to 20" high box placed before incline lift one leg to the flight position and drop into telemark position;
- b. on the balance beam: hop up and set in telemark landing;
- c. skiing down k-38 and k-63 landing hills in telemark position held through transition)

E - physical skills

- a. I can run 20 meters in less then 4,5 sec and jump over 140 cm - two feet together (4,0 sec and over 170 cm for "Gold E").
- b. I can do 5 sets of 20 squats with 30" break in between. I can hold the inrun position for 1 minute.

R - 80% of my jumps on k-38 are past 25m with telemark and "V" (28m with telemark and "V" for "Gold R")

R - I know last years NC WC "A" and SJ WC winner

Hoppers, Look up at www.fis-ski.com for overall Results - last World Cup of winter 2006