

ANSC Jump'N Fly Skill League

Level 4 - "SEAGULL" K-38 jump, landing hills of k-63, k-89

S - I know what is the flight position, why is it critical to get quick into it after takeoff and how moving shoulders up affects distance. I know why "V" style will take me further down the hill

E - I know and can show 3-4 flight position imitations that I can do by myself or with a partner

A - When I get ready for a jump at the top of the hill I take 30 seconds to 1 minute time to focus and think of coaches comment and what will I change in my next jump to make it better

G - I am good with timing on takeoff, control my upper body and arms, my hips are traveling around the knees and climbing up to get me into aggressive flight position with back parallel to the plane of my skis. I'm doing "V" in all of my jumps

U - I can ski down the k-63 and k-89 landing hills in the balanced inrun and telemark positions as well as I can switch them (inrun-tele-inrun) on the way down. I am confident doing aggressive hop and solid tele on both landing hills

L - 80% of my jumps on k-38 are past 32 m with telemark (K-63 capability for "Gold L")

L - When stretching (standing on feet):

- a. with my legs spread wider than shoulders I can reach ground with my elbows (legs straight);
- b. I can reach my toes with my palm bases and hold this position for 20 seconds: reach knees with forehead and hold for 20 seconds for "Gold L2" as well as do each of the following counts of push-ups and squats within 1 min:
- c. I can do 30 push-ups and 60 squats

L - I have a favorite SJ or NC world class skier and know his 3 best results for the last two years. **Hoppers, Look up at www.fis-ski.com**