

ANSC Jump'N Fly Skill League

Level 5 - "RAVEN" K-38/K-63 Jump

R - I know the basics of an athlete's food menu and I try to follow it. I'm 100% focused when ski jumping or doing imitation

A - I effectively pull off the bar into inrun set and hold the proper balanced inrun position until the takeoff. I can control my timing and direction at takeoff in 90 % of my jumps. I get quick into the flight position, my arms are quiet, my flight remains stable through landing, I do the "V" in 100% of my jumps

V - 80% of my jumps on k-38 are past 35 m with telemark and past 45 m on k-63

E - I can sprint 30 m in 5.3 sec; my long jump is over 180 cm; 3 long jumps are over 540 cm; I can do 10 single leg squats on each leg; my flexibility is over 5 cm (reach under feet with hands when standing on a bench), 10 cm for "Gold E"

N - I'm following my favorite world-class athlete in SJ or NC and I record his yearly standings in my diary info: www.fis-ski.com