

ANSC Jump'N Fly Skill League
Calgary, Alberta, Canada

ALTIUS NORDIC SKI CLUB 

Ski Jumping and Nordic Combined
Training Centre - Calgary, Alberta

Nordic Ski Hoppers Program

JUMP'N FLY SKILL LEAGUE



2007 - 2008

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

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I have fun doing all of the above!

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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 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).

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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

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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**

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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