

# Functional Skiing Skills

## Intermountain Adaptive

You will be asked to perform 7 of the following 12 tasks:

Wedge

Wedge Christie

Basic Parallel

Short Radius

Free Ski Parallel

Moguls in the Fall Line

Assigned Tasks:

Pivot Slips in Corridor

Falling Leaf

Hourglass Turns

Traverse, Diagonal Sideslip, Traverse

Versatility:

Synchronized Skiing

Variable Terrain and Conditions