



Four Star Award

Manoeuvres

- 360° One Ski Spin _____
- 360° Axel with crossed landing _____
- Tip Roll/spin with kickout _____
- Open Pole Flip unsupported in training shoes _____
- Two linked 360° spins _____
- Flying LegBreaker _____
- One Pole Cartwheel _____

Routine

- Have taken part in an Acro competition as a registered skier _____

Awareness

- Know how to score either a Fixed Element or Free routine in Acro Competitions _____

Four Star Awarded on _____ 19__

Five Star Award

Manoeuvres

- 360° One Ski Spin with crossed Ski position _____
- 540° Axel (any takeoff) _____
- Crossed Ski Tip Roll/Spin _____
- Open Pole flip unsupported on skis on slope _____
- Two linked Tail Spins _____

Routine

- Have taken part in a snow competition for which points for England Squad could be awarded _____

Awareness

- Assisting on a regular basis, under supervision and in a responsible way, with other Acro Skiers (E.g. Spotting on flips, helping on lift, taking charge of a group of Acro skiers for a specific time or task) _____

Five Star awarded on _____ 19__



English Ski Council

Freestyle

Performance Award Scheme (Acro)

Name _____

One Star Award

Manoeuvres

- 360° two ski spin _____
- 180° jump _____
- Reverse Snowplough turn _____
- Snowplough Cross (*Post Toastie*) _____
- Crossover _____

Routine

- Perform a routine of three linked manoeuvres _____

Awareness

- Show awareness of warm up procedure (*by giving three warm up activities for Ballet*) _____

One Star Awarded on _____ 19__

Two Star Award

Manoeuvres

- 180° Tip Spin _____
- 360° Axel (*any take off*) _____
- Inside Ski Turn _____
- Shea finishing position _____
- Sliding Crossover _____

- Open Pole flip (*in training shoes - supported*) _____

Routine

- Perform a routine of five linked manoeuvres to music _____

Awareness

- Show and display an understanding of good carriage _____

Two Star Awarded on _____ 19__

Three Star Award

Manoeuvres

- 360° Tip Drag Spin _____
- Cartwheel _____
- 360° Outside Jump _____
- 180° Tip Roll _____
- LegBreaker _____
- Controlled Sliding Arabesque _____
- Open Pole Flip (*with skis - supported*) _____

Routine

- Perform a routine of nine linked manoeuvres to music showing a relationship between movement & music _____

Awareness

- Fill out an A.P.L. (Acro Programme Layout) form unaided. _____

Three Star Awarded on _____ 19__



Four Star Award

Manoeuvres

Water Ramp

Back Full (Water Qualified) _____

Lay Tuck (Water Qualified) _____

Snow

Front Tuck (Snow Qualified) _____

Back Tuck or Backlayout (Snow Qualified) _____

Competition

Participate in an Aerials competition on snow as a registered skier) _____

Awareness

Show an awareness of scoring and tariff for an Aerials Competition _____

Four Star awarded on _____

Five Star Award

Manoeuvres

Water Ramp

Any twisting double somersault (Water Qualified) _____

Snow

Back Full (Snow Qualified) _____

Lay Tuck (Snow Qualified) _____

Competition

Participate in a "C" level Aerials competition on Snow _____

Awareness

Gain Water Ramp Supervisors Qualification _____

Five Star awarded on _____



English Ski Council

Freestyle

Performance Award Scheme (Aerials)

Name _____



One Star Award

Manoeuvres

Water Ramp

Straight Jump _____

Spread Eagle _____

Twister _____

Daffy _____

Cossack _____

Mule Kick _____

Awareness

Show awareness of Safety equipment for Water Ramp Training. _____

Read learn and show by aural testing a knowledge of the Water Ramp Rules of Use _____

One Star Awarded on _____

Two Star Award

Manoeuvres

Water Ramp

Zudnick _____

Back Scratcher _____

Helicopter _____

Front Tuck _____

Any double combination Upright _____

Snow or Plastic

Spread Eagle _____

Twister _____

Daffy _____

Awareness

Show and display an understanding of good take-off and form in the air. _____

Two Star Awarded on _____

Three Star Award

Manoeuvres

Water Ramp

Front Tuck
(Must be pre qualified on water) _____

Back Tuck or Back Layout
(Must be pre qualified on Water) _____

Any tripple upright _____

Competition

Participate in a Water Ramp or Upright Air competition as a registered skier _____

Awareness

Show an understanding of competition procedure _____

Three Star Awarded on _____



Four Star Award

Techniques

Perform double manoeuvres on trampoline (or skis) showing good shape and form. _____

Ski down moguls with quiet upper body. _____

Ski down Moguls showing strong pole planting _____

Performance

Demonstrate good take off and landing in Airs by scoring at least 1.4 in each jump. _____

Enter a dry slope (or snow) competition as a registered skier and score a total of 12 points or more. _____

Awareness

Attend a briefing about judging & scoring _____

Show an ability to take control of personal fitness _____

Four Star awarded on _____

Five Star Award

Performance

Enter a Snow Moguls Competition as a registered skier _____

Score at least 1.7 points for each jump in a competition _____

Score a total of 16 points or more in a snow moguls competition. _____

Five Star awarded on _____



English Ski Council

Freestyle

Performance Award Scheme (Moguls)

Name _____



One Star Award

Techniques

Ski a run of skidded short radius turns within a single mat width showing pole planting _____

Jump safely off floater, wave or moguls. (No shape required) _____

Ski down a wave or mogul slope in control _____

Awareness

Demonstrate two warm up and down exercises. _____

One Star Awarded on _____

Two Star Award

Techniques

Ski parallel turns down waves or moguls showing absorption and extension. _____

Take a jump off suitable terrain and pop effectively. _____

Ski down a mogul or wave run showing forward pole planting. _____

Demonstrate forward take off and landing on suitable terrain. _____

Demonstrate single clean manoeuvres on a trampoline bed or skis. _____

Ski a run of linked turns down a mogul run. _____

Two Star Awarded on _____

Three Star Award

Techniques

Demonstrate ski-ground contact whilst skiing moguls in the fall line. _____

Demonstrate horizontal eyeline whilst skiing down a moguls or wave run _____

Performance

Perform two different jumps in a moguls competition scoring at least 1.0 in both. _____

Ski the rut line down moguls _____

Awareness

Enter a dry slope moguls competition and score a total of 8 points or more _____

Three Star Awarded on _____

