

Applying Software Lifecycle Techniques (Agile SCRUM)

Learning how to ski

Learning any sport takes time, commitment, practice, and good coaching.

SCRUM

The Goal: In one 10 week season;

1-Learn to ski at a safe level to ski green and blue runs.

2-Be able to achieve Level 4 in the ski rating chart.

LEVEL RATING GUIDE

Summarizing and simplifying: Here are the first five of ten levels

1=first time ever. Can balance, move, walk, glide, slide and stop

2=beginning wedge turns. Balance exercises, basic wedge turns, speed control and stopping...Mileage on snow

3=advanced wedge turns to early skidding. Linked wedge turns with rhythm, develop pressure control movements, Wedge Christies

4=beginning wedge Christy Refine wedge Christies, more pressure on outside ski, active steering of the inside ski

5=advanced wedge Christy and beginning parallel...refinement of crossover, intro to pole usage, Ski varied terrain, intro to short radius turns

RESOURCES:

- www.skidome.org (instruction, exercise)
- <http://psia-w.org/alpine/alpine-educational-materials/> Level I, II, III study guides
- <http://media.specialolympics.org/soi/files/sports/Alpine+Skiing+Coaching+Guide.pdf>
Beginners guide from clothing to gear to technique
- <http://psianw.mcmands.com/content.php?id=105> common mistakes sheet Biomechanics.
- <http://www.ronlemaster.com/presentations.html> Ron has great info and cool pics to explain.

PRE GAME

October – sprint

Basic Skills: Rotary, Edge, Pressure, Balance

Reading assignments:

1. <http://media.specialolympics.org/soi/files/sports/Alpine+Skiing+Coaching+Guide.pdf>
Beginners guide from clothing to gear to technique
2. <http://www.skidome.org/MASnoFAQ.html> My tips
3. <http://www.ronlemaster.com/presentations/AlignmentAndStance-Whistler-12-2009.pdf>

Stretching & Dry land skills in balance / agility (all Oct /):

1. Stretching <http://www.stretching.name/index.php?filt=skiing>
2. Circle Trace <http://www.harbskisystems.com/pretip2.htm>
3. Others on the <http://www.skidome.org/SKIwork.htm>
4. Add more leg weight work. Quads.

Measurement: 1) all reading complete, 2) Starting to stretch and work out the legs.

Figure 3

How Movements Relate to Skills

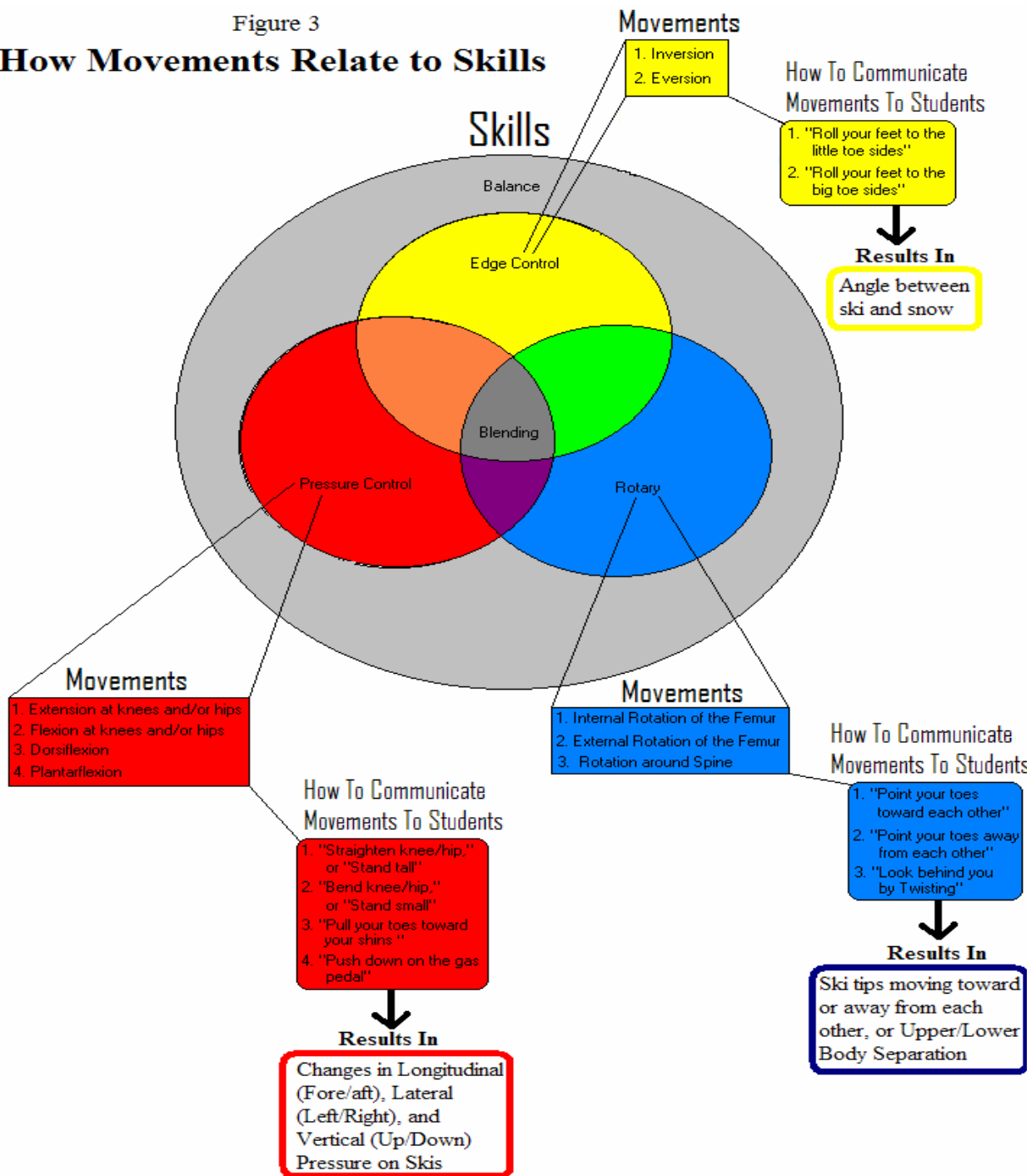


Fig. 3-The above diagram illustrates some of the movements that fall into their respective skills categories and gives examples of how one might communicate those movements to a student

Nov 1, 2011 Single Sprint 4 weeks

1- review written beginner documents

- a. http://seaurchin.arvix.com/~psiawest/wp-content/uploads/2011/06/NAT_ALPINE_LEVEL1_STUDY_GUIDE.pdf Study guide Level one
- b. Review common mistakes sheet <http://psianw.mcmds.com/content.php?id=105>
- c. **Review risk and avoidance**
http://www.skidome.org/content/ALPINE_RACE_EDU_BOOK2_Chap8_Risk_reduction.pdf

2- Stretching & Dry land skills in balance / agility (all Nov)

- a. Stretching <http://www.stretching.name/index.php?filt=skiing>
- b. Circle Trace <http://www.harbskisystems.com/pretip2.htm>
- c. Others on the <http://www.skidome.org/SKIwork.htm>
- d. Add more leg weight work. Quads.

Measurement: 1) all reading complete, 2) Starting to stretch and work out the legs.

GAME:

Dec Opening day till Dec 22

Sprint 2 weeks

Opening day till Dec 22

1. Take a 39\$ beginner class @ Liberty
2. Sign up for mountain passport for \$45.00
 - i. Next visit free, (negates the sign up 45\$ fee)
 - ii. All class lessons free for the rest of the season
 - iii. All rental and lift passes are 40% off
3. ski 2 or more hours
 - a. Have a video taken front, back sideways for analysis

Measurement: Complete No 1 - 3

Sprint 2 weeks

Jan 1 – 15 2012

1. Take a level (1, 2 or 3 [depends on your skill]) class lesson
 - a. Ski 2 hours focus on three skill areas.
2. Review common mistakes sheet <http://psianw.mcmds.com/content.php?id=105>
3. Have a video taken front, back sideways for analysis

Measurement: Complete No 1 - 3

Sprint 2 weeks

Jan 15 – 30

- 1) Take a level 3 or 4 [depends on your skill] class lesson
- 2) Ski 4 hours concentrate on drills (link below) to remedy weak skill areas
- 3) Identify 3 weak areas
 - a) Drills for learning http://www.skidome.org/zr_ski_drills.txt

Measurement: Complete No 1 - 3

Sprint 2 weeks

Feb 1 -15

- 1) Take a Class lesson Level 4 – 5 [depends on your skill] OR Private one hour lesson
- 2) Ask instructor to Identify 3 weak areas
 - (1) Drills for learning http://www.skidome.org/zr_ski_drills.txt
- 3) Video front back sideways
- 4) Ski 4 hours concentrate on drills to remedy weak skill areas

Sprint 2 weeks

Feb 15-27

- 1) Take class lesson (*optional*)
- 2) Ski 4 hours concentrate on drills to remedy weak skill areas
- 3) Video for body mechanics analysis.

POST GAME

Sprint 2 weeks early march

- 1) Ski one more day. Have some FUN!
- 2) Review your videos
- 3) Analysis based on body mechanics
 - (1) Optional In depth body mechanics <http://seurchin.arvixe.com/~psiawest/wp-content/uploads/2010/12/Biomechanics-part-1.pdf>
 - (2) <http://seurchin.arvixe.com/~psiawest/wp-content/uploads/2010/12/Biomechanics-part-2.pdf>
- 4) Pick 3 Skills for next year.