

# FPC HOLISTIC SKI ABILITY GRADING SYSTEM

## LEVEL 1 : THE NAVIGATOR (STRONG INTERMEDIATE)

- **Technical Skills :**

- Confident and consistent parallel turns on blue runs.
- Comfortable with varied terrain within blue runs, including moderate bumps and changes in snow conditions. Can ski easy red runs.
- Beginning to explore carving and edging techniques with moderate success.
- **Goal :** Achieve consistent carved turns on blue runs, with a focus on edge control, smooth transitions and maintaining speed through turns.

- **Physical Fitness :**

- Good endurance, capable of skiing for extended periods with minimal fatigue.
- Solid balance and coordination, handling moderate terrain variations.
- **Goal :** Increase endurance to sustain longer skiing sessions without fatigue.

- **Mental Preparedness :**

- Confident on blue runs, cautious on unfamiliar or steeper terrain.
- Basic understanding of mountain safety, including self-regulation and risk assessment.
- **Goal :** Build confidence on varied terrain, reducing hesitation on steeper sections of blue runs.

- **Environmental Connection :**

- Awareness of how terrain and weather conditions affect skiing.
- Beginning to practice respect for the mountain environment, with a focus on leaving no trace.
- **Goal :** Develop a basic understanding of how weather and snow conditions affect skiing.

- **Recommended Programs :**

- 5 -Day Private Coaching Program.
- 3-Day Camp.

## LEVEL 2 : THE EXPLORER (ADVANCED INTERMEDIATE)

- **Technical Skills :**

- Proficient in controlled, carved turns on red runs, adjusting technique for different snow conditions.
- Playing with short radius turns and varying turn shapes to suit the terrain.
- Beginning to explore off-piste skiing and handling moderate bumps with increasing skill.
- **Goal :** Master short radius turns and improve your ability to navigate steeper terrain on red runs.

- **Physical Fitness :**

- High level of fitness, able to ski challenging runs with minimal breaks.
- Strong core and leg strength, enabling control on steeper and more varied terrain.
- **Goal :** Build strength and agility to handle more challenging terrain with control.

- **Mental Preparedness :**

- Comfortable taking on new challenges, with a strong awareness of personal limits.
- Proficient in mountain safety, including recognizing and avoiding hazards.
- **Goal :** Increase confidence in tackling new challenges, such as moguls and moderate off-piste sections.

- **Environmental Connection :**

- Developing a deeper understanding of how to read the mountain environment.
- Actively practices environmental stewardship, including mindful skiing and respect for natural habitats.
- **Goal :** Deepen your awareness of the mountain environment, including understanding snowpack and its impact on skiing.

- **Recommended Programs :**

- 5 -Day Private Coaching Program.
- 3-Day Camp.

## LEVEL 3 : THE CHALLENGER (ADVANCED)

- **Technical Skills :**

- Able to ski black runs with more confidence, using advanced carving techniques.

- Starting to handle steeper, narrower terrain, as well as moguls and variable snow conditions.
  - Getting more comfortable off-piste, with an understanding of snowpack and avalanche safety basics.
  - **Goal :** Gain confidence and control on black runs and off-piste, mastering advanced carving and handling difficult snow conditions with precision and fluidity.
- **Physical Fitness :**
    - Excellent fitness level, capable of skiing difficult terrain with stamina and strength.
    - Highly developed balance, agility, and coordination, allowing for precise control.
    - **Goal :** Enhance overall stamina and strength to endure intense skiing sessions on challenging terrain.
- **Mental Preparedness :**
    - Strong mental resilience, comfortable in high-pressure situations and challenging environments.
    - Deep understanding of mountain safety, including advanced risk assessment and decision-making.
    - **Goal :** Strengthen mental resilience to remain calm and focused in high-pressure skiing environment.
- **Environmental Connection :**
    - In-depth knowledge of mountain ecosystems and their impact on skiing conditions.
    - Proactive in practicing and promoting sustainable skiing practices.
    - **Goal :** Develop a nuanced understanding of how to read terrain and weather patterns, improving your ability to ski safely and effectively in changing conditions.
- **Recommended Programs :**
    - 5 -Day Private Coaching Program.
    - 3-Day Camp.
    - PSIE (Professional Ski Instructors of Europe) Ski Instructor Certification.

## LEVEL 4 : THE VIRTUOSO (STRONG ADVANCED)

- **Technical Skills :**
  - Comfortable with all types of turns and techniques on black runs, including dynamic carving and quick edge transitions.

- Confident and controlled in varied terrain, such as couloirs, deep powder, and challenging snow conditions.
- Advanced off-piste skiing skills, including navigating through trees and steep pitches.
- **Goal :** Achieve mastery of all skiing techniques, including dynamic carving, quick edge transitions, and handling extreme terrain. Striving for fluidity, efficiency, and creative expression across all terrain types.

- **Physical Fitness :**

- Exceptional fitness and stamina, enabling long, intense days of skiing without significant fatigue.
- Superior strength, balance, and agility, with the ability to maintain control and precision in the most demanding conditions.
- **Goal :** Reach peak physical condition, ensuring your body can handle the demands of extreme skiing with power and precision.

- **Mental Preparedness :**

- Confident and calm in challenging environments, with the ability to stay focused under pressure.
- Expert in mountain safety, including advanced avalanche awareness and self-rescue techniques.
- **Goal :** Develop an unshakeable mental focus, allowing you to perform at your best in the most challenging conditions.

- **Environmental Connection :**

- Profound connection to the mountain environment, with a profound understanding of terrain, weather, and snow conditions.
- Active participation in environmental conservation efforts, promoting sustainable practices among peers.
- **Goal :** Cultivate an intuitive understanding of the mountain environment, allowing you to anticipate and adapt to changing conditions seamlessly.

- **Recommended Programs :**

- 5 -Day Private Coaching Program.
- 3-Day Camp.
- PSIE (Professional Ski Instructors of Europe) Ski Instructor Certification.

## LEVEL 5 : THE MASTER (EXPERT)

- **Technical Skills :**

- Unmatched proficiency in all aspects of skiing, including extreme steeps, big mountain lines, and complex off-piste routes.
- Ability to adapt to any snow condition or terrain with ease, using highly refined techniques.
- Experienced in ski mountaineering, heli-skiing, and other advanced forms of skiing.
- **Goal :** Achieve unparalleled proficiency in extreme skiing disciplines, including ski mountaineering, heli-skiing, and big mountain lines.

- **Physical Fitness :**

- Elite level of fitness, capable of enduring long, physically demanding expeditions in harsh conditions.
- Peak performance in strength, endurance, and agility, with a focus on maintaining optimal physical condition year-round.
- **Goal :** Maintain elite fitness levels that allow you to undertake the most physically demanding ski adventures with endurance and strength.

- **Mental Preparedness :**

- Unshakeable confidence and mental fortitude, with the ability to perform under the most extreme conditions.
- Expert in all aspects of mountain safety, with the skills to lead and make critical decisions in challenging situations.
- **Goal :** Develop the mental fortitude to handle any situation, from navigating dangerous terrain to leading others in high-risk environments.

- **Environmental Connection :**

- Deep, almost spiritual connection with the mountain environment, understanding its rhythms and respecting its power.
- Leader in environmental stewardship, advocating for and practicing the highest standards of sustainable skiing.
- **Goal :** Lead by example in environmental stewardship, using your expertise to promote sustainable skiing practices and protect the mountain environment.

- **Recommended Programs :**

- 5 -Day Private Coaching Program.
- 3-Day Camp.
- PSIE (Professional Ski Instructors of Europe) Ski Instructor Certification.

## **STILL UNSURE OF YOUR LEVEL ?**

Don't forget that everyone has different skills in different areas of skiing. If you're not sure where you fit, don't worry—our team is here to help. Contact us for a consultation, and we'll recommend the perfect program for your current abilities and goals.