



# CHALLENGE ASPEN

CREATING POSSIBILITIES FOR PEOPLE WITH DISABILITIES

## Skiing

### Level 1

I have never skied

### Level 2

I've just learned to make a beginner's turn. It's rough but I can manage. I feel ready to ride the chairlift.

### Level 3

I can link turns without stopping. I feel good on the chairlift and easy green terrain.

### Level 4

I'm keeping my skis parallel at the end of the turn with some skidding. I am comfortable on most green terrain and may be ready to try some easy blue runs.

### Level 5

My turns are rhythmic and my skis are usually parallel throughout the turn. I feel comfortable on all green and some blue runs.

### Level 6

I am confident on most groomed blue terrain and ready to explore some groomed blacks. My skis are always parallel.

### Level 7

I am making reliable linked parallel turns with my poles on all blue runs, but need work on controlling my speed. Black runs are okay when they are groomed.

### Level 8

I ski blue bumps and groomed blacks, but no double blacks (yet). I am linking short-radius turns in the fall line. I can ski advanced terrain on all four mountains.

### Level 9

Blacks are a piece of cake: I am working on tactics and lines in extreme terrain.

### Level 10

Epic. Please apply for a coaching position.



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## Snowboard

### Level 1

I have never snowboarded.

### Level 2

I can slide across the hill both ways and stop. I'm starting to get the hang of this. I can ride a chairlift.

### Level 3

I can control my speed and direction while moving across the hill and am starting to turn.

### Level 4

I can turn in both directions and am starting to link my turns.

### Level 5

I am linking skidded turns while controlling my speed and starting to try blue terrain.

### Level 6

I am confident on most blue terrain under good conditions. I am beginning to carve my turns or ride switch (the opposite direction).

### Level 7

I am fine tuning dynamic turns and seek more challenging situations, including riding bumps, riding switch and dealing with varying snow conditions.

### Level 8

I am confident performing dynamic turns, riding switch and exploring techniques in all snow conditions, terrain, pipes and parks.

### Level 9

I can ride the entire mountain with confidence and ease. I am working on tactics and new moves in extreme terrain, pipes and parks.

### Level 10

Prove it! Then register for the X-Games in Aspen.