

Ski Team Tryout Rubric

Selection to the JJNS Ski Team will be based upon the following criteria:

I. ATTITUDE [20 points]

<i>Criteria</i>	<i>Score</i>	<i>Comments</i>
Teamwork (10)		
Coachability (10)		

II. EFFORT [25 points]

<i>Criteria</i>	<i>Score</i>	<i>Comments</i>
Punctuality (5)		
Preparedness (5)		
Hustle (5)		
Communication (10)		

III. ABILITY [55 points]

A. Dryland - 8 points

<i>Criteria</i>	<i>Score</i>	<i>Comments</i>
Speed (2)		
Agility-Quick Feet (2)		
Balance (2)		
Upper/Lower Body Separation (2)		

B. Skiing - 47 points

<i>Criteria</i>	<i>Score</i>	<i>Comments</i>
Stance (4)		
Weight Distribution (6) (weight forward-never back)		
Edging (6)		
Weight Shift (5)		
Carving / (6) (finishing turns)		
Time (20)		N/A

Name _____

Total Points _____

