

RIDERS Speed & Style Event - RIDERS Assessment

Assessment for: _____

Completed by: _____

Date: _____

Skill Development Assessment Scale:

1. Not Seen -- Skill was either not attempted or not seen
2. Attempted -- Rough form & inconsistent execution
3. Got It! -- Performs skill with more polished form in controlled conditions

Edging Skills	1	2	3
Turning around gates, navigating berms and sliding jib features			
Turns with lower body			
Balance over working edge or no edge			

Air Skills	1	2	3
Jump & Roller features			
Clears jumps & features on course			
Remains stable while in the air			
Rotates over features			

Stance & Balance Skills	1	2	3
All features, especially berms & rollers			
Uses flexion & extension to absorb/pressure terrain features			
Maintains a balanced body position and manages instabilities			

Sliding Skills	1	2	3
Box & rail features			
Slides jib features			
Slides jib features to switch			

Coaches notes