

# Functional Riding Tasks for Cog /VI/HOH PSIA-RM-AASI Adaptive Snowboard 2010-11

All Tasks need to be ridden 50% dominant stance and 50% switch.

## **Traverse to a diagonal side slip to a traverse**

Harder green or easy blue slopes

- From a traverse, release edge to a diagonal sideslip, back to a traverse
- Pivot point from center of the board not from the feet
- Keep an aligned stance
- Look in the direction of the nose or tail of the board
- Lead with the front foot, no speed check moves or windshield wiper turns will be accepted

This task is often used while teaching with hands on assistance, tethering and guiding a student. It will show the riders ability to deliberately release and engage the boards' edge.

## **Accelerated Falling Leaf** (fall line pivot movements):

Groomed blue slopes

- Start down the hill in the fall line your dominant stance.
- Go into to toe turn, letting the tail of your board drift down the hill, while continuing to look up the hill as if watching a student, up the hill / behind you. At this point you are riding switch looking up hill.
- You will then do a switch toe turn, bringing the tail of you board back up the hill to your original position facing down the fall line.

This task will show upper/lower body separation, pressure control, breaking vs. gliding, down and/or across the fall line as well as lower body steering movements, both dominant footed and switch.

Once you understand the basic movements involved, you can now adjust edging and pressure to control breaking and gliding. This will allow you to accelerate to get ahead of a student or break to allow the student to catch up to you, while constantly moving down the hill ( no stop & go). Mastering this move will be very helpful when establishing auditory guiding techniques with VI students.

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### **Synchronized Riding with at least one other candidate** Easy to harder blue slopes

- Dynamic skidded turns while showing the ability to adapt to the riding style of another rider and demonstrating:
- The ability to pace as the leader and adapt as the follower
- Turns that occur at the same time rather than in each other's tracks
- A coordinated finish with a balanced stop.

This style of riding is frequently used while guiding a VI student or teaching a cognitively challenged student.

This task shows riding versatility and the ability to adapt ones personal riding style to constant changes in line choice and terrain.