



# PSIA-Rocky Mountain-AASI



## Wheels Up – Intro to Downhill Mountain Bike Skills

**Audience:** Current PSIA-AASI-Rocky Mountain Members; all biking ability levels welcome.

**Discipline:** Multi Discipline

**Time:** 2 Days

**Credits:** 12 CEU's.

**Setting:** Resort Bike Park, dirt trails, man-made and natural features, singletrack.

**Course Description:** The goal of this clinic is to offer a teaching for transfer experience for PSIA-AASI-RM members while learning introductory downhill mountain biking and coaching skills. A secondary goal is to enable participants to empathize with beginner skiers and snowboarders by learning a new sport (i.e. DH Mountain Biking). Participants will also be exposed to a bike park operations and the opportunities that exist between instructing in the winter and summer seasons.

**Recommended Prerequisite Course:** None

### Prerequisite skills:

- Participants have ridden a bike
- Participants can control bike speed and direction on paved surfaces and have had some experience on riding off-road or uneven terrain.

**Course Objectives:** At the end of the clinic participants will be able to:

- Perform a bike check of guests' bike(s).
- Demonstrate an understanding of the basics of Downhill Mountain Biking.
  - Stance- how to stand on the bike and get guests comfortable out of the saddle.
    - Center of Mass (CM) over the bottom bracket. Level pedals.
  - Braking- How to roll with brakes applied and how to stop and push against the pedals. CM off seat and behind bottom bracket.
  - Cornering- How to turn. Lean frame against inside thigh for greater control.
- More advanced and confident riders will explore jumping and drops
  - Explore the similarities, differences, and apply the A.T.M.L. model to both snowsports and DH Biking.
- Understand the crossover between the sports of DH Biking and Skiing/Snowboarding.
- Explore the opportunities that exist between winter and summer instruction.
- Practice Movement Analysis skills using DH Biking as the movement being analyzed.
- Enable participants to "Learn by doing."
- Participants will reflect upon their experience and must submit their reflection in order to receive credit.



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## Suggested Activities:

### Day 1-

- **Rental Shop-** Meet at the base area and take candidates to the rental shop. Each one of them goes through the rental process so they understand what a guest goes through.
- Everyone must wear pads (gloves, knees/shins, and elbows) and a Full face helmet.
- **Group Split-** How do we split ability levels in mountain biking? Verbal vs. visual split.
- **Plaza Rules-** No skidding, no riding in fence when kids are there, leg over bike = helmet on.
- **ABCs**
  - **Action Stance-** Flatland drills. Touch and go. Level pedals and playing games like champion. Bike Limbo.
  - **Braking-** Braking progression. Walking with bike and getting a feel for the brake levers. Then on bike with braking position. Pushing against pedals.
  - **Cornering-** Learning how to lean the bike. Upper tube of frame touch inside thigh. Level pedals to more advanced move = inside pedal higher than outside pedal.
- Apply the ABCs in the skills park and to the trails on the hill.
- Introduce Pre-ride, Re-ride, and Free-ride.
- **Trail familiarization (if operations and conditions allow).** Have participants learn and explore the DH trails of Bike Snowmass. Participants may take turns leading the group down warm-up run. Advanced riders may practice skills on intermediate trails.
  - **Guiding skills-** Teaching how to look back safely at the group or allowing group to go first.
  - **Guiding skills-** “Choking” and looking back to watch group.
- **Decision-making** activities as to when the students/guests are ready for the next challenge.
- If time allows, film riders in your group to set up for Movement Analysis on Day 2.
- Introduce reflection/key takeaways exercise for homework on Day 1.

### Day 2-

- Review Day 1 activities including the ABCs
- Discuss similarities and differences or teaching for transfer “a-ha” moments from the day prior.
- Introduce Movement Analysis and frame M.A. for the day.
- Video tape participants so they may see themselves ride.
- Advanced riders may explore the CPR progression for jumping and lunge style actions for drops.
- Continue with trail familiarization and application of skills on Day 2.

### Other Activities:

- Explore skills park (communication, progression, etc.)- Etiquette/Procedures
- Logistics of being a bike pro = radio protocol, guide pack protocol, injuries, liability, and “how to survive a season.”

**Safety: Every run has a purpose.** Whether the group is warming up, sharing ideas, or getting to lunch in a timely and safe manner, demonstrate and explain the purpose of every run in the clinic.



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## **Materials:**

- Level describers
- Bike Park Trail Map
- Reflection exercise/homework