



Rocky Mountain

R. M. Freestyle Trainer

Credential Standards and Course Outline

Terrain: Within the realms of ALL terrain parks & pipes of the host resort

Outcome:

- To verify the candidates ability to lead a clinics to instructors on how to introduce and conduct a basic through advanced level freestyle lessons consisting of natural and un-natural terrain features in varieties of shapes and sizes including but not limited to any terrain park features in the Rocky Mountain Division.
- To verify the candidates understanding of Basic through Advanced/ competitive level terms and movements, as well as an understanding of ALL level maneuvers that are the basis for all Freestyle Lessons.

Description:

This Credential is designed to verify the candidate's clinic leading abilities as they pertain to freestyle lessons in the Rocky Mountain division. This credential is in place to recognize the inadvertent demand for Freestyle Specialist Credential candidates becoming trainers at there home resorts and to verify with a divisional recognition of that ability. With no preparatory clinic in place for this accreditation it becomes essential for candidates to seek out clinic leading abilities from the previous freestyle Specialist products as well as from home resort trainers and clinic leaders and Divisional clinic leading products in the alpine/ nordic disciplines. All skiing maneuvers are based off the previous three Specialist Credential products. These skiing maneuvers will be scored as demonstrations during the candidate's clinic leading scenario.

Common Characteristics of All Freestyle Skiing

A Balanced, neutral stance is a result of the blending of other skills:

- A coordinated flexion of ankles, knees, hips, spine, centers the skier over the whole foot. Subtle extension or flexions may be used to re-center the skier in a neutral stance in preparation for a new maneuver, or to re-center skier on all three axis’.
- The back is slightly rounded, arms naturally spread, hands at least as wide as elbows. And elbows forward of spine. Coordinated movements of the hands, arms, elbows, shoulder joints aid in centering and re-centering the skier over the whole foot, and re-centering skier on all three axis’.
- Pole, hand, and arm movement aid balance by complementing and enhancing flow of motion, rotation or counter rotation.
- Balance will change from one axis to another due to rotation dynamics and skier movement. It is pre cognitive judgment that allows the skier to anticipate these forces and move accordingly to maintain balance.

Tipping the Feet & Legs & Body:

- Tipping movements originate in the feet, ankles, and lower legs and continue up through knees and hips as necessary to control edge angle.
- Edge change (releasing and re-engaging) occurs through tipping movements versus a pushing behavior.
- Tipping of both ankles either toward or away from trajectories is essential to maintain lateral balance on rails and boxes.
- Tipping of the core, spine, shoulders toward or away from trajectories is essential to maintain balance on all three axis in preparation for landing.

Turning the Feet & Legs & Body:

- Active, muscular steering input supplements ski design as necessary to control turn shape and balance.
- Skis are guided primarily by active steering of both feet and legs with turning power originating from muscles in the thigh area and moving down ward.
- Femurs rotate in the hip sockets beneath a stable pelvis and upper body.
- Turning of the core allows for multiple axis rotation and stability in a zero gravity environment.

Flexing & Extending Movements:

- Coordinated flexing and extending of ankles, knees, hips, and spine maintains fore-aft balance and allows pressure management, and terrain absorption.
- Flexing & Extending of ankles, knees, hips, spine and arms allows us to alter skier’s trajectory or rotation in a zero gravity environment. “POP” Projection Of Primary.
- Flexing & Extending movements of the ankles, knees, hips, spine and arms allow a reorientation option in zero gravity in order to maintain balance.

Speed, P.O.P., Spin, & Trajectory Judgment:

- Utilizing tactics of judging P.O.P., Speed, and Spin you can navigate any terrain park feature regardless of size or shape.
- Calculations of Trajectory are attained by terrain feature analysis (look at the object). Analyze the in run, landing, the lip of the jump, & the jump itself.
- Calculations of Speed are attained by “Drive By” assessment (at speed ski by analysis with regard to where in run was started and how long table took too ski over) and visualizations of the speed in regard to trajectory. Referencing other riders and their start points.
- Calculations of Spin are dependent upon the successful calculations of speed, P.O.P. and trajectories.
- If Speed, P.O.P. & Trajectory are sufficient to maintain a soft landing than the Spin should complement all three.
- Spin should originate at the core of the body or Center of Mass, being able to contract and relax muscles to attain a pelvic rotation on any of the three axis’.
- P.O.P. (projection of primary) is utilized to increase or decrease the path of Trajectory in relation to a soft landing.

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Candidates should be able to successfully show:

Park Ability:

- Comfortable with all amounts of airtime in all-level terrain parks with clean take offs and landings.
- All freestyle maneuvers as described in clinic sheets.
- Tricks should show manipulation of movement patterns in order to maintain balance and self-awareness.
- Variety of tricks is mandatory to show adaptability to clinic groups.
- Variety of terrain features is mandatory to show adaptability to clinic groups.
- A large part of this type of skiing shows some style, so show some individualism as long as it keeps with the overall theme of the clinic groups.
- Ability to hike repeatedly one or more terrain features for ease of repetition and time constraints.
- Ability to show knowledge of Safety in a variety of situations.

Pipe Ability:

- Ability to maintain flow and amplitude in all size half pipes at host resort.
- Show all freestyle maneuvers as described in clinic sheets.
- Ability to hike for repeated runs for ease of repetition and time constraints.

Park / Pipe Clinic Leading:

- Ability to present a clinic progression for any of the freestyle maneuvers in the rocky mountain alpine freestyle program.
- Explanation of any previous skills necessary before each trick is attempted.
- Trouble shooting skills.
- M.A. skills and common problem identifying.
- Ability to expand on progressions to customize lesson to clinic group.
- Be able to show confidence in a variety of situations.
- An ability to show comfort in a variety of demonstrations regardless of rotation/sliding preferences.
- Ability to move from M.A. to coaching with relevant skill/movement development.
- An understanding of Rotational forces.
- All parts of Freestyle Teaching Models.

Scored Demonstration Maneuvers

Switch Skiing--Basic Parallel:

Guest Outcome: Experience making smooth basic parallel turns backwards.

Terrain and Tactics: Green/Blue terrain, utilizing over the shoulder viewing in order to maintain direction and safety.

Description:

- Maintaining balanced stance in a reversed position.
- Utilizing tipping, turning, flexing & extending movements in order to maintain turn shape.
- Maintaining a clear downhill view in order to judge descent speed and velocity.
- Altering stance to best acquire usable edge angle and flexing/ extending movements.

Switch Skiing --Linked Railroad Tracks:

Guest Outcome: Experience making distinct parallel arcs while maintaining speed in a corridor, control high velocity turns backwards.

Terrain and Tactics: Blue terrain, utilizing over the shoulder viewing in order to maintain direction and safety.

Description:

- Maintaining balanced stance in a reversed position.
- Utilizing tipping, turning, flexing & extending movements in order to maintain turn shape.
- Exploiting new ski technology and center mounted stance for optimum performance at high speeds.
- Maintaining a clear downhill view in order to judge descent speed and velocity.
- Altering stance to best acquire usable edge angle and flexing/ extending movements.
- NASTAR or similar race course should be easily navigated in switch stance.

Switch Skiing --Dynamic Medium Radius:

Guest Outcome: Experience making Dynamic Mediums Radius turns while maintaining a switch (backwards) stance.

Terrain and Tactics: Blue terrain, utilizing over the shoulder viewing in order to maintain direction and safety.

Description:

- Maintaining balanced stance in a reversed position.
- Utilizing tipping, turning, flexing & extending movements in order to maintain turn shape.
- Exploiting new ski technology and center mounted stance for optimum performance at high speeds.
- Ability to show manipulation of ski flex in order to change radius of turn.
- Maintaining a clear downhill view in order to judge descent speed and velocity.
- Altering stance to best acquire usable edge angle and flexing/ extending movements.
- Should be able to acquire a NASTAR medal in a switch stance.

Basic Butter Maneuvers:

Guest Outcome: To perform smooth on snow 180's & 360's while maintaining a slight off-axis rotation.

Terrain and Tactics: Green/Blue terrain, utilizing center of mass rotation and complementary tipping of the ankles to maintain a leveraged ski.

Description:

- Utilizing tipping, turning, flexing & extending movements in order to maintain rotational speed.
- Movements of the arms should be allowed to move freely in order to maintain leveraged stance on skis.
- Maintaining equal balance on both leveraged skis.

Intermediate Butter Maneuvers:

Guest Outcome: To perform smooth on or off snow 180's, 360's, 540's & 720's through extreme leverage and ski rebound for torque and lift-off.

Terrain and Tactics: Green/Blue terrain, utilizing center of mass rotation and complementary tipping of the ankles to maintain a leveraged ski.

Description:

- Utilizing tipping, turning, flexing & extending movements in order to maintain rotational speed.
- Movements of the arms should be allowed to move freely in order to maintain leveraged stance on skis.
- Maintaining equal balance on both leveraged skis.
- Utilize decambering of ski as a lifting property.
- Manipulation of Primary muscle groups in order to move and alter center of mass.

Basic Rails & Grinds:

Guest Outcome: Successfully perform low-level rail sliding maneuvers.

Terrain and Tactics: Easy green terrain, Basic-level Terrain Park, short flat rail, fun box, wide flat rail, or low to ground log.

Description:

- Maintaining fore & aft & lateral balance through tipping and flexing/extending movements in order to stay on sliding surface.
- Trajectory & S.P.S. judgment should be terrain feature appropriate.
- Complementary movements of head, arms & torso should be utilized in order to maintain balance on sliding surface.

Intermediate Rails & Grinds:

Guest Outcome: Successfully perform intermediate level rail sliding maneuvers on standard height rails.

Terrain and Tactics: Blue terrain and Intermediate-level Terrain Park, single kink, single curve, down, up, C-boxes, long flat rails, tall flat rails, rainbows, gap to flat rails.

Description:

- Maintaining fore & aft & lateral balance through tipping and flexing/extending movements in order to stay on sliding surface.
- Trajectory & S.P.S. judgment should be terrain feature appropriate.
- Complementary movements of head, arms & torso should be utilized in order to maintain balance on sliding surface.
- Utilize absorption and extension movements to maintain center of mass balanced over the sliding surface regardless of angle, pitch, or objects that may change trajectory.

Advanced Rails & Grinds:

Guest Outcome: Successfully perform high-level rail sliding maneuvers on varied height, shapes, & materials of rails.

Terrain and Tactics: Blue/Black terrain and Highest level terrain park, multi kink, multi curve, down, up, left, right rails, C's, S's, roller coaster, stepped boxes, staircase rails, tall Rainbows, scorpions, swing set, very long flat rails, "street on" rails. With optional rotational mounting and dismounting maneuvers.

Description:

- Maintaining fore & aft & lateral balance through tipping and flexing/extending movements in order to stay on sliding surface.
- S.P.S. and trajectory judgment should be feature appropriate.
- Complementary movements of head, arms & torso should be utilized in order to maintain balance on sliding surface.
- Utilize absorption and extension movements to maintain center of mass balanced over the sliding surface regardless of angle, pitch, or objects that may change trajectory.

Switch Rails:

Guest Outcome: Successfully perform high-level rail sliding maneuvers with a distinct switch mounting on intermediate level rails or boxes.

Terrain and Tactics: Blue/Black terrain and Intermediate Terrain Park. Single kink, single curve, up, down, long flat rails, tall flat boxes, tall flat rails, all rails in Basic Park regardless of shape or size.

Description:

- Maintaining fore & aft & lateral balance through tipping and flexing/extending movements in order to stay on sliding surface.
- S.P.S. and trajectory judgment should be feature appropriate.
- Complementary movements of head, arms & torso should be utilized in order to maintain balance on sliding surface.
- Ability to maintain a useful P.O.P. posture from a switch skiing platform is essential.
- Ability to spin un-natural for 90 degrees may need to be utilized.

Rotational Airs:

Guest Outcome: To perform a concise & calculated half rotation air with successful take-off and landing.

Terrain and Tactics: Basic-level terrain Park with increased degree of spin as Trajectory & S.P.S. judgment becomes more accurate.

Description:

- Accurately judging Trajectory & S.P.S.
- Midair reorientation of center of mass in order to slow/counteract rotation in preparation of landing.
- Rapid rotational extension at crest of jump should create momentum for remainder of maneuver.
- Speed should be relative to anticipated distance to be traveled to obtain optimal trajectory and "POP".
- Speed should be adjusted to counteract the trajectory altering forces of rotation.
- Form preference for rotation to left or right side.

Rotational Airs:

Guest Outcome: To perform a concise & calculated single rotation air with successful take-off and landing.

Terrain and Tactics: Intermediate-level Park with increased degree of spin as trajectory & S.P.S. judgment becomes more accurate.

Description:

- Accurately judging Trajectory & S.P.S.
- Midair reorientation of center of mass in order to slow/counteract rotation in preparation of landing.
- Rapid rotational extension at crest of jump should create momentum for remainder of maneuver.
- Speed should be relative to anticipated distance to be traveled to obtain optimal trajectory and “POP”.
- Speed should be adjusted to counteract the trajectory altering forces of rotation.

Switch Airs:

Guest Outcome: To perform a concise & calculated half rotation (180) air with a distinct switch initiation or start to the jump, including a successful take-off and landing.

Terrain and Tactics: Intermediate-level Park with increased degree of spin as trajectory & S.P.S. judgment becomes more accurate.

Description:

- Accurately judging Trajectory & S.P.S.
- Midair reorientation of center of mass in order to slow/counteract rotation in preparation of landing.
- Rapid rotational extension at crest of jump should create momentum for remainder of maneuver.
- Speed should be relative to anticipated distance to be traveled to obtain optimal trajectory and “POP”.
- Speed should be adjusted to counteract the trajectory altering forces of rotation.
- Ability to maintain a useful P.O.P. posture from a switch skiing platform is essential.

Off Axis Rotational Airs:

Guest Outcome: To perform concise & calculated off axis full rotation (360) airs with successful take-off and landings.

Terrain and Tactics: Highest level Park with competency originating from vertical axis rotations in combination with butter movements.

Description:

- Accurately judging trajectory as well as S.P.S.
- Midair reorientation of center of mass in order to slow/counteract rotation in preparation of landing.
- Spin originating at the core along desired off axis route at lip of jump should create momentum for remainder of maneuver.
- Speed should be relative to anticipated distance to be traveled to obtain optimal trajectory and “POP”.
- Speed should be adjusted to counteract the trajectory altering forces of Spin.
- Ability to show manipulation of multiple axis is key.
- Be able to mix axis’ in order to Cork or Bio any rotation.

Multiple Rotation Airs:

Guest Outcome: To perform concise & calculated multiple (540 & beyond) rotation airs with successful take-off and landing.

Terrain and Tactics: Highest-level Park with increased degree of spin as S.P.S. and trajectory judgment becomes more accurate.

Description:

- Accurately judging Trajectory & S.P.S.
- Midair reorientation of center of mass in order to slow/counteract rotation in preparation of landing.
- Spin originating at the core along vertical axis route at lip of jump should create momentum for remainder of maneuver.
- Speed should be relative to anticipated distance to be traveled to obtain optimal trajectory and “POP”.
- Speed should be adjusted to counteract the trajectory altering forces of rotation.

Un Natural Rotation Airs:

Guest Outcome: To perform concise & calculated single rotation in a manner that is opposite to the candidate’s normal or preferred direction of rotation.

Terrain and Tactics: Intermediate-level Park with increased degree of spin as S.P.S. and Trajectory judgment becomes more accurate.

Description:

- Accurately judging Trajectory & S.P.S.
- Midair reorientation of center of mass in order to slow/counteract rotation in preparation of landing.
- Spin originating at the core along vertical axis route at lip of jump should create momentum for remainder of maneuver.
- Speed should be relative to anticipated distance to be traveled to obtain optimal trajectory and “POP”.
- Speed should be adjusted to counteract the trajectory altering forces of rotation.
- Versatility of movements in order to counteract personal preferences for rotations.

Basic Tricks & Grabs:

Guest Outcome: To perform older style freestyle tricks & Grabs.

Terrain and Tactics: Basic-level terrain park or small natural terrain feature on easy blue terrain.

Description:

- Twister, Spread Eagle, Causak, Iron Cross-, Daffy, Donkey Kick, Etc.
- Safety, Stink bug, double safety, rocket grabs.
- Timing of trick is directly related to T.S.R. Judgment.
- Counter rotation of upper and lower body should enable some of these tricks to be performed.
- Grabs should originate from the cannonball posture.
- A basic manipulation of posture during air time should complement or initialize these tricks.

Intermediate Grabs:

Guest Outcome: To successfully integrate intermediate grabs into standard straight airs with successful take-off and landing.

Terrain and Tactics: Intermediate-level Park compressing body to obtain grabs.

Description:

- Mute, Toxic, Tail, Phil, Japan, Safety, etc.
- Timing of trick is directly related to Trajectory & S.P.S. Judgment.
- All grabs originate from the cannon ball posture.
- Maintaining grab throughout the apex of the jump.
- Utilize subtle extensions or retractions of the body to alter the posture of the grab during the apex of the jump.

Advanced Grabs:

Guest Outcome: To successfully perform over emphasized grabs with a prolonged hold and recoverable “out of balance” posture to show manipulation capabilities of candidate. Also to integrate grabs into rotations as a style or flare aspect.

Terrain and Tactics: Highest-level Park compressing body to obtain grabs and manipulating from there.

Description:

- Long Mute, Truck Driver, True Tail, Any Opposite Variations, Long Critical, Long Safety.
- Timing of trick is directly related to Trajectory & S.P.S. Judgment.
- All grabs originate from the cannon ball posture.
- Maintaining grab throughout the apex of the jump.
- Utilize subtle extensions or retractions of the body to alter the posture of the grab during the apex of the jump.
- Ability to utilize knowledge of off axis maneuvers in order to regain control of posture for landing.

Basic Half Pipe:

Guest Outcome: To effectively navigate the small (6’-8’) halfpipe from left to right wall (or vice versa) with aerial direction change.

Terrain and Tactics: Small 6’-8’ halfpipe, utilizing extension movements to accelerate up or down walls.

Description:

- Accurately judging Trajectory & S.P.S. in order to leave and return to halfpipe walls in balance.
- Flexing & extending movements should complement wall acceleration in order to alter trajectories.
- Adjust “POP” to exit pipe in order to maintain proper trajectory to re-enter halfpipe.
- Amplitude at the Basic level should be at or slightly above the lip of the pipe.
- Minimum of four “hits” in the small pipe, 2-“hits” on each wall should be linked concurrently through the pipe.
- Pole usage is discouraged, proper alignment and P.O.P. should keep pole use from happening.
- Vertical and horizontal rider perpendicularity should be attained in order to best utilize walls.

Intermediate Half Pipe:

Guest Outcome: To effectively navigate the Intermediate pipe (10’-14’) from left to right wall (or vice

versa) with up hill rotational (alley-oop) direction change, air to fakie and visible amplitude upon exit of walls.

Terrain and Tactics: Intermediate Pipe (10'-14'), utilizing extension movements to accelerate up or down walls. Actively adjusting Trajectory & S.P.S. Judgment in order to maintain flow and safety.

Description:

- Accurately judging Trajectory & S.P.S. in order to leave and return to halfpipe walls in balance.
- Flexing & extending movements should complement wall acceleration in order to alter trajectories.
- Spin originating at the core along any axis route at lip of pipe should create momentum for remainder of maneuver.
- Adjust "POP" to exit pipe in order to maintain proper trajectory to re-enter halfpipe.
- Utilizing a variety of tricks and maneuvers, as well as speeds and exiting height.
- Amplitude at the Intermediate level should be at least boots above the lip of the pipe if not more.

Advanced Half Pipe:

Guest Outcome: To effectively navigate the Super pipe (18'-24') or super duper pipe (22'-30') from left to right wall (or vice versa) with rotational direction change, multiple tricks and visible amplitude upon exit of walls.

Terrain and Tactics: Super pipe 18'-24' or super duper pipe 22'-30', utilizing extension movements to accelerate up or down walls. Actively adjusting Trajectory & S.P.S. Judgment in order to maintain flow and safety.

Description:

- Accurately judging Trajectory & S.P.S. in order to leave and return to halfpipe walls in balance.
- Flexing & extending movements should complement wall acceleration in order to alter trajectories.
- Spin originating at the core along any axis route at lip of pipe should create momentum for remainder of maneuver.
- Adjust "POP" to exit pipe in order to maintain proper trajectory to re-enter halfpipe.
- Utilizing a variety of tricks and maneuvers, as well as speeds and exiting height.
- Amplitude at the advanced level should be at least one ski length out of pipe if not more.