

PSIA-Rocky Mountain-AASI

Alpine Freestyle Specialist 1

Course Description:

This course is for instructors teaching guests basic introductory freestyle maneuvers and terrain park features. This is a three day course. One day clinic two days exam. The first day is clinic built for practice and development of FS Skills and concepts. Day two is an evaluative day for teaching and technical/ MA skills. Day three is the skiing/ park ability evaluation. **Prior to arrival the candidates must download & complete the Freestyle Workbook.**

Course Outcomes:

- - Candidate will gain knowledge of the ATML model as well as the S.P.S. skill pools.
- - Candidate will gain knowledge of Progression building tools and how to implement them.
- - Candidate will obtain feedback about skiing, teaching and safety knowledge.
- - Candidates will gain knowledge of basic park & pipe skills and movements

Sample Activities:

- - Speed, P.O.P, Spin, skill pool exercises
- - S.A.S.C. (static, active, simple, complex) progression building tools
- - A.T.M.L. model (approach, take-off, maneuver, landing)
- - Trajectory finding tools
- - Overall park & pipe etiquette and safety

Materials Needed:

- - Ability to explore unconventional yet effective movement patterns.
- - Twin Tip skis are NOT required but do assist in the performance of some exercises.
- - Sense of humor, we are all here to have fun.
- Helmets are NOT required, but are HIGHLY recommended, “I’d rather have it and not need it than to need it and not have it”