



Rocky Mountain

Alpine Freestyle Specialist 1

Credential standards and course outline

Terrain: Easy green terrain as well as small natural features and introductory-level (small) terrain park of the host resort and half pipe or natural transition skiing dependant on host resort.

Outcome:

- To give the Candidate a better understanding of how to introduce and conduct a basic freestyle lesson consisting of natural and un-natural terrain features in varieties of shapes and sizes including but not limited to table tops, step ups, step-downs, hips, spines, volcanoes, pyramids, rollers, & rail or fun box in runs. As well as any feature inside small terrain parks in this division.
- Give the candidate an understanding of Fundamental terms and movements, as well as an understanding of basic level skill that are the basis for all basic level freestyle lessons.

Description:

This course is designed to give the candidate an understanding of information and skills necessary to present and conduct a basic level freestyle lesson and evaluate that candidate on those same skills. The candidates should be able to gain an understanding of how the small terrain park works and what the basic movement patterns are required to successfully navigate any size feature within those parks. Trick analysis and movement analysis are essential and will be built upon pre-existing MA skills. Varieties of teaching progressions will be discussed and presented to the candidate. Common problem identifying and troubleshooting progressions will also be presented. With regards to this being an introductory basic level Freestyle Specialist credential process, this three day product will begin to form the much needed park etiquette and confidence required for advancement into the intermediate (FS-2) realm of PSIA/AASI's Freestyle Specialist program. Low-level usage and understanding of the existing freestyle teaching models will be introduced and explored.

Prerequisites are Alpine Certification level 1, 2, or 3 and successful completion of the Alpine Freestyle workbook.

The 6 Fundamentals of Freestyle Skiing

Ability to control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the ski:

- Coordinated relaxation or flexion of muscle groups that affect the ankles, knees, hips, spine, neck & arms allows the skier to manipulate their CM over the base of support. Toward the tips of the skis or to the tails.
- Subtle extension or flexion may be used to re-center the skier into a stance that will allow for maintaining equilibrium.
- Poles, hands, and arm movements are essential mechanical uses to aid in equilibrium. Allowing to have disciplined yet complimentary movements is necessary for balance to be maintained.

Ability to control pressure from ski to ski and direct pressure toward the outside ski:

- Coordinated relaxation or flexion of muscle groups that affect the ankles, knees, hips, spine, neck & arms allows the skier to manipulate, anticipate, & distribute lateral force counteracting movements to maintain equilibrium.
- Use of lateral agility to build forces will allow for execution of some tricks.
- Coordinated & complimentary movements from foot to foot allow for continuation of flow or momentum.

Ability to control the edge angles through a combination of inclination and angulation:

- Coordinated relaxation or flexion of muscle groups that affect the feet, ankles, and lower legs and continue up through knees and hips as necessary to control edge angle based upon desired outcome.
- 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.

Ability to control the skis rotation with leg rotation separate from the upper 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.

Ability to regulate the magnitude of pressures created through ski/ snow interaction:

- Coordinated relaxation or flexion of muscle groups that affect the ankles, knees, hips, spine, & arms in order to utilize absorption or deflection of forces in order to access specific outcome characteristics.
- Allowing for predictive and anticipatory actions to maintain or decrease ski/ snow contact.

Ability to manipulate all other fundamentals in order to gain access to specific outcomes:

- Using sensory contributions to determine speed thresholds for specific features & outcomes.
- Coordinated use of the pressure based fundamentals to assist in acceleration or deceleration of speed for specific outcomes.
- Coordinated use of the pressure based fundamentals in order to achieve a projection of the primary muscle groups when lift off is needed to attain the outcome.
- Ability to utilize the pelvis as part of the lower body in order to generate rotational forces for specific outcomes. This use will allow for generating and maintaining or reducing angular momentum.
- Visualization of body path through space to assist in finding trajectory or flight path should be used.
- Coordinated use of all five fundamentals in order to maintain trajectory or body path for specific outcome or feature.
- Ownership of all five fundamentals is essential for the manipulation & versatility needed to perform specific outcomes.
- Timing, Intensity, Rate, & Duration of the use of all five fundamentals will allow for the manipulation & versatility of the specific outcome.

Alpine Freestyle Specialist 1

Candidates should be able to successfully show:

Park Ability:

- Comfortable with 1-5 feet of airtime on low-level terrain garden with clean take offs and landings.
- All basic 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.
- Variety of terrain features is mandatory.
- A large part of this type of skiing shows some style, so show some individualism.
- Ability to hike repeatedly one or more terrain features for ease of repetition and time constraints.
- Ability to show skill & understanding of the 6 elements of the park(Flatland, Jumps, Rails, Pipe, Flow, & Style)

Pipe Ability:

- Ability to maintain flow and basic aerial re-direction in the small section halfpipe
- Show all maneuvers as described in clinic sheets.
- Ability to hike for repeated runs for ease of repetition and time constraints.

Park /Pipe Teaching:

- An ability to teach a basic progression for any of the maneuvers in the basic clinic sheet.
- 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 student.
- Be able to show confidence in a variety of situations.
- Ability to move from M.A. to coaching with relevant skill/movement development.
- An understanding of rotational forces.
- All parts of Freestyle Teaching Models.
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Freestyle Specialist 1 Maneuvers

---Flatland Elements---

Switch Skiing--Basic Parallel:

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.

Basic Butter Maneuvers:

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 the five fundamentals of alpine skiing 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.

Playground:

Outcome: To perform manipulation movements of skis and terrain in a useful yet playful manner.

Terrain and Tactics: Green/Blue terrain, utilizing skills manipulation in order to generate an individualistic use of terrain and equipment through non conventional ski technique.

Description:

- Utilizing rotation, edging, & pressure skills as well as S.P.S. in order to generate playful “silly human trick” style movement patterns
- Old school “ballet/ acro-skiing” type tricks. Tip rolls, step outs, leg breakers, javelins, blenders, out-riggers, duck walks, umbrellas,
- Ability to show ownership of equipment use. Modification of other alpine drills is completely accepted.

---Rail Elements---

Small Rails- Overall:

Outcome: Successfully perform low-level rail sliding maneuvers with a distinct use with the right foot forward and with the left foot forward.

Terrain and Tactics: Easy green terrain, Basic-level (Small) Terrain Park, short flat rail, fun box, wide flat rail, or any low to ground sliding/ grinding feature.

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.
- Utilizing the feature in a variety of sliding/ grinding stances is paramount to showing familiarity with the feature. Right foot forward & Left foot forward shows versatility of demo with regard to the guest experience

---Jump Elements---

Spins- 180 over jump:

Outcome: To perform a concise & calculated half rotation air (180)with successful take-off and landing over a small jump.

Terrain and Tactics: Basic-level (small) 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.

Basic Tricks:

Outcome: To perform “old school” Mogul competition freestyle tricks while in the air.

Terrain and Tactics: Basic-level (small) terrain park using proportionate trick pause to hang time calculations.

Description:

- Twister, Spread Eagle, Causak, Iron Cross, Daffy, Donkey Kick, Etc.
- Timing of trick is directly related to Trajectory & S.P.S. Judgment.
- Counter rotation of upper and lower body should enable most of these tricks to be performed.
- A basic manipulation of posture during air time should complement and/or initialize these tricks.

Basic Grabs:

Outcome: To perform action sports inspired grab tricks while in the air.

Terrain and Tactics: Basic-level (small) terrain park using proportionate grab hold time to hang time calculations.

Description:

- Mute, Critical, Safety, Phil, dub Safety, Tail, Mini truck, Stink Bug, etc.
- Timing of trick is directly related to Trajectory & S.P.S. Judgment.
- Utilizing finger/ palm placement to generate hold of equipment, with regard to ski pole resposibility.
- Counter rotation of upper and lower body should enable most of these tricks to be performed.
- A basic manipulation of posture during air time should complement and/or initialize these tricks.

---Pipe Element---

Basic Half Pipe or transitional feature:

Outcome: To effectively navigate the half-pipe or similar transitional feature from left to right wall (or vice versa) with aerial direction change.

Terrain and Tactics: Half-pipe or similar transitional feature, utilizing extension movements to accelerate up or down walls.

Description:

- Accurately judging Trajectory & S.P.S. in order to leave and return to half-pipe 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 half-pipe.
- Amplitude at the Basic level should be at or around the vert of the pipe with consistent height maintain on both walls and length of pipe.
- Ability to show use/ familiarity with movement patterns for both left & right walls of 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.

---Flow/ Navigation Element---

ATML Phase Consistency:

Outcome: To effectively exhibit familiarity with the interdependent phases of the ATML model.

Terrain and Tactics: Small terrain park, Half-Pipe, making autonomous judgments & choices on trick selection with regard to the effects on seamless ATML sequences

Description:

- Accurately judging Trajectory & S.P.S. and its effect on moving from one sequence to another.
- Accurately choosing tricks that will complement each other in congruent sequences.
- Utilizing/ manipulating S.P.S. in order to blend sequences more seamlessly.
- Cognitive planning of effects of trick sequencing and its effect on S.P.S.

Route Plotting:

Outcome: To show individualism & understanding of the park flow, in order to use a specific sequence of features.

Terrain and Tactics: Small terrain park, making autonomous judgments & choices on feature selection with regard to the effects on ATML sequences & traffic flow

Description:

- Accurately judging Trajectory & S.P.S. and its effect on moving from one feature to another.
- Accurately choosing features that will complement each other in congruent sequences.
- Utilizing/ manipulating S.P.S. in order to blend flow between feature more seamlessly.
- Cognitive planning of feature navigation and its effect on S.P.S. & ATML.

--- Style/ Personality Element---

Movement Ownership:

Outcome: To Exhibit characteristic of elementary Movement Ownership through individualized use of tricks & features .

Terrain and Tactics: Small Terrain Park. Making autonomous judgments on trick selection. Ownership/ proficiency of tricks & the ability to reflect a specific amount of ownership of the trick.

Description:

- Accurately judging Trajectory & S.P.S. and its effects on style and individualism.
- Accurately choosing tricks and features that will showcase specific personal traits of individual style.
- Utilizing/ manipulating S.P.S. & ATML in order to showcase ownership of tricks & features.
- Cognitive planning sequence of tricks (routine) to be performed is a direct reflection of individualism and ownership.

Skill Manipulation:

Outcome: To Exhibit characteristic of elementary Skill acquisition and its manipulation towards an end goal for reasons of showcasing style or personality.

Terrain and Tactics: Small Terrain Park. Making autonomous & elementary judgments & choices of skill usage. With regard to Timing, Intensity, Rate, & Duration (T.I.R.D.) for specific tricks in order to reflect specific traits of style.

Description:

- Accurately judging Trajectory & S.P.S. and its effects on style and individualism.
- Accurately choosing tricks and features that will allow the Manipulation to be reflected.
- Utilizing/ manipulating all skills (Rotary, Edge, Pressure, Balance, Stance, Posture, S.P.S.) in order to showcase skill acquisition for use of tricks & features.
- Cognitive planning sequence of tricks (routine) to be performed is a direct reflection of individualism and ownership.