

PSIA-RM-AASI
Freestyle Experience Log

Candidate Name: _____
Date of Completion: ____/____/____

Switch Riding

Technical: Which of the fundamentals do you find is most beneficial to your riding/ skiing switch?

What feedback have you received on your riding/ skiing switch?

Teaching: Using the S.A.S.C. model (Static, Active, Simple, Complex), develop a progression for teaching switch skiing/riding to a client.

People: How did you feel when you skied/ rode switch the first time?

Safety: What safety elements were you aware of when you were skiing/riding switch?

Jumping

Technical: Of S.P.S., which element were you focused on to be successful off a jump?

What feedback have you received about your jumping?

Teaching: Using the S.A.S.C model (Static, Active, Simple, Complex), develop a progression for someone to go off a jump for the first time out of the park.

People: How would you develop trust with a student to prepare them to go off a jump?

Safety: What are some safety concerns with jumping?

Boxes/Rails

Technical: What modifications to the fundamentals will increase your success when sliding a feature?

What feedback have you received about your performance when sliding a box/rail?

Teaching: Using the S.A.S.C model (Static, Active, Simple, Complex), develop a progression for sliding a box/rail outside the park.

People: How do you build confidence in a student to prepare them to slide a feature?

Safety: What safety considerations should be included in a safe box/rail sliding session?

Pipe

Technical: When riding pipe, how does S.P.S. work with A.T.M.L.?

What feedback have you received about your half pipe riding?

Teaching: Using the S.A.S.C model (Static, Active, Simple, Complex), develop a progression for teaching pipe without going into the park or pipe.

People: What are some emotional considerations to take into account when bringing students to the pipe?

Safety: How do you manage your own safety when skiing/riding the pipe?