

PSIA-Rocky Mountain-AASI

Alpine Freestyle Specialist 2

Course Description:

This course is for instructors teaching guests on intermediate 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. ***FS-2 Alpine Freestyle workbook needs to be completed prior to attendance,***

Course Outcomes:

- - Candidate will build upon knowledge of the ATML model as well as the S.P.S. skill pools.
- - Candidate will build upon 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 Intermediate 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 ski are recommended for successful completion of some tricks
- - 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”