



Rocky Mountain

Alpine Freestyle Specialist 2

Credential Standards and Course outline

Terrain: Blue terrain and the mid-level (medium) terrain park and Half pipe of the host resort.

Outcome:

- To give the candidate a better understanding of how to introduce and conduct an Intermediate freestyle lesson consisting of natural and un-natural terrain features in varieties of shapes and sizes within the medium terrain park. Features including but not limited too, table tops, step ups, step-downs, hips, spines, volcanoes, pyramids, rollers, as well as any features inside medium sized terrain parks in this division.
- Give the candidate an understanding of Intermediate level terms and movements, as well as an understanding of intermediate level maneuvers that are the basis for all intermediate level freestyle lessons.

Description:

This Exam is designed to verify further developed information and skills presented in the Freestyle Specialist 1 as well as the home resort freestyle clinics. The Candidates should be able to show an understanding of how the medium terrain park works and what the movement patterns are required to successfully navigate any size features 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 evaluated by the examiners. Common problem identifying and troubleshooting progressions will also be evaluated. With regards to this being an Intermediate level Freestyle Specialist Credential process, this two day product will continue to emphasize park & pipe etiquette and confidence required to move toward the advanced (FS-3) realm of PSIA/AASI's Freestyle Specialist program. Usage and understanding of the existing freestyle teaching models will be used and evaluated. ***Prerequisites are, successful completion of the FS-1 credential, or for cert II & III alpine, a self evaluation of the maneuvers and completion of the 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 2

Candidates should be able to successfully show:

Park Ability:

- Comfortable with 5-25 feet of airtime on mid-level terrain park with clean take offs and landings.
- All intermediate 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 knowledge of Safety in a variety of situations.
- 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 amplitude at or above the lip of the half-pipe of the host resort.
- 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 intermediate progression for any of the maneuvers in the intermediate 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.

Freestyle Specialist 2 Maneuvers

---Flatland Elements---

Switch Skiing --Linked Railroad Tracks:

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.

Intermediate Butter Maneuvers:

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.

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 rotary, edge, 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.

Pressing Maneuvers:

Outcome: To perform smooth on snow leveraging movements in order to show ownership of pressure management.

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

Description:

- Utilizing tipping, turning, flexing & extending movements in order to maintain pressing movements & posture.
- 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.

---Rail Elements---

Medium Rails-Overall:

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

Terrain and Tactics: Blue terrain and Intermediate-level (Medium) 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.

Small Rails-Mounts & Dismounts:

Outcome: Successfully perform intermediate level rail mounting & Dismounting maneuvers on Small rails.

Terrain and Tactics: Green Terrain & basic level (small) terrain park, , flat rail, fun box, any rail within the small terrain park of the host resort.

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.
- S.P.S. should compliment and/ or enhance mount/dismount actions
- 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.
- Utilizing preparatory movement patterns in order to generate or cancel spinning forces.

---Jump Elements---

Intermediate Grabs:

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.

Spins- 360:

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.

Spins-multiple 180's:

Outcome: To perform a concise & calculated half rotations(180) in 2 out of the 4 variations of the spins(Forward left, forward right, switch left, switch right) with a distinct switch or regular 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.
- Initiating the rotational extension at beginning of takeoff zone 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.

Spins-Various Take-Off 180's:

Outcome: To perform a concise & calculated half rotations(180) in a few of the 36 variations of the spins(Forward left tips, forward left tails, forward right w/ left edges off the tips, switch left, switch right, etc.) with a distinct switch or regular 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. Comfort with altered takeoff stances and postures.

Description:

- Accurately judging Trajectory & S.P.S.
- Midair reorientation of center of mass in order to slow/counteract rotation in preparation of landing.
- Initiating the rotational extension at beginning of takeoff zone 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.

---Pipe Element---

Intermediate Half Pipe:

Guest Outcome: To effectively navigate the half pipe 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: Half pipe of host resort, 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 half pipe 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 half pipe.
- 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.

---Flow/ Navigation Element---

ATML Phase Consistency:

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

Terrain and Tactics: Medium 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: Medium 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: Medium Terrain Park. Making autonomous judgments & choices 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: Medium 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.