

PSIA-Rocky Mountain-AASI

Alpine Freestyle Specialist 3

Course Description:

This course is for instructors wanting to attain an advanced level credential regarding their skiing and teaching skills on the largest terrain features in the Rocky Mountain Division. . 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-3 Alpine Freestyle workbook needs to be completed prior to attendance.**

Course Outcomes:

- -- Candidate will present knowledge of the ATML model as well as the S.P.S. skill pools.
- - Candidate will present knowledge of Progression building tools and how to implement them.
- - Candidate will obtain feedback about skiing, teaching and safety knowledge.
- - Candidates will present working knowledge of Advanced Park & Pipe skills and movements as experienced at the divisional improvement clinics.

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 REQUIRED for successful completion of most maneuvers.
- - 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"