



Rocky Mountain

## **Alpine Freestyle Specialist 3**

### Credential Standards and course outline

**Terrain:** Blue-Black terrain and the advanced upper level ( Large) Terrain Park and Half pipe of the host resort.

#### **Outcome:**

- To evaluate the candidates understanding of how to introduce and conduct an advanced level freestyle lesson consisting of natural and un-natural terrain features in varieties of shapes and sizes within the large terrain park, feature including but not limited too, table tops, step ups, step-downs, large hips, as well as any features inside the largest terrain parks in this division.
- To evaluate the candidates understanding of advanced/ competitive level terms and movements, as well as an understanding of advanced level maneuvers that are the basis for all advanced Freestyle Lessons.

#### **Description:**

This Exam is designed to build on the information and skills presented in the Freestyle Specialist 2 as well as the Jibber's Paradise clinics. The Candidates will be evaluated on their understanding of how the advanced level 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 discussed and Evaluated. Common problem identifying and troubleshooting progressions will also be discussed. With regards to this being an Advanced level Credential process, this two day evaluation product will examine the candidates knowledge and presentation of advanced level park & pipe skills, teaching, coaching, MA, and growth from the FS2 process. *Prerequisites are, Successful completion of the FS-2 credential, or for Cert II & III alpine, a self evaluation of the maneuvers, as well as previous attendance of another RM Alpine Freestyle clinic or Specialist Credential. Total Training Pass Freestyle days count when credits are relayed through the RM office and completion of the Freestyle (FS-3) 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.

# Freestyle Specialist 3

## Candidates should be able to successfully show:

### Park Ability:

- Comfortable with 25-55 feet of airtime in upper-level terrain park with clean take offs and landings.
- All advanced 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 in & out 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 an advanced progression for any of the maneuvers in the advanced 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 3 Maneuvers

## ---Flatland Elements---

### Switch Skiing --Dynamic Medium Radius:

**Outcome:** Experience making Dynamic Mediums Radius turns while maintaining a switch (backwards) stance.

**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.
- Ability to show manipulation of ski flex in order to change radius of turn.
- 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.
- Should be able to acquire a NASTAR / Epic Mix Racing medal in a switch stance.

#### **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.

### **Backside Pivot Slips:**

**Outcome:** To perform a manipulation movement of skis in a pivot slip type drill. With a distinct backside or uphill rotation of the skis & body.

**Terrain and Tactics:** Green/Blue terrain, utilizing skills of tipping, turning, flexing extending. Moving from a leg rotation movement pattern to a whole body ( spin from the core) rotation, then back to a leg rotation movement pattern.

#### **Description:**

- Skis are twisted at a consistent rate with the tips of the skis going uphill for the pivot portion of the performance.
- Skis are tipped at the same time and rate.
- Manipulation of different turning forces, starting with leg rotation then blending into whole body rotation then back to leg rotation.
- Maintain a snow cat width or less as a reference corridor, ( 22 feet or less)

## **Hand Drags:**

**Outcome:** To perform rotation (spin) either 180 or 360 that is generated by an outside fulcrum or Blocking movement.

**Terrain and Tactics:** Green/Blue terrain, any terrain park of the host resort. Utilizing an outside pivot point or torque point, such as a hand dragging in the snow or a pole grip, or two hands.

### **Description:**

- Utilizing rotary, edge, pressure, & balancing in order to best prepare for an moving un natural lift off posture.
- Utilizing an “anchor” point in order to generate a spin or rotational force.
- Maintenance of posture and readied position in order to establish a spinning mode for when lift off occurs.
- Ability to perform using terrain to aid in lift off.

## ---Rail Elements---

### Large Rails- Overall:

**Outcome:** Successfully perform advanced level rail sliding maneuvers on varied height, shapes, & materials of rails.

**Terrain and Tactics:** Blue/Black terrain and Large terrain park, multi kink, multi curve, down, up, left, right rails, C's, S's, roller coaster, stepped boxes, staircase rails, tall Rainbows, scorpions, swing set, very long flat rails, "street on" rails.

#### **Description:**

- Maintaining fore & aft & lateral balance through tipping and flexing/extending movements in order to stay on sliding surface.
- S.P.S. and trajectory judgment should be 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.

### Medium Rails-Mounts & Dismounts:

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

### **Advanced Grabs:**

**Outcome:** To successfully perform over emphasized grabs with a prolonged hold and recoverable “out of balance” posture to show manipulation capabilities of candidate. Also to integrate grabs into rotations as a style or flare aspect.

**Terrain and Tactics:** Highest-level Park compressing body to obtain grabs and manipulating from there.

### **Description:**

- Long Mute, Truck Driver, True Tail, Any Opposite Variations, Long Critical, Long Safety.
- 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.
- Ability to utilize knowledge of off axis maneuvers in order to regain control of posture for landing.

### **Spins- 540:**

**Outcome:** To perform concise & calculated multiple (540 & beyond) rotation airs with successful take-off and landing.

**Terrain and Tactics:** Highest-level (large) Park with increased degree of spin as S.P.S. and trajectory 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.
- Spin originating at the core along vertical axis route at lip 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-Off Axis 360 :**

**Outcome:** To perform concise & calculated off axis full rotation (360) airs with successful take-off and landings.

**Terrain and Tactics:** Highest level (large) Park with competency originating from vertical axis rotations in combination with butter movements.

### **Description:**

- Accurately judging trajectory as well as S.P.S.
- Midair reorientation of center of mass in order to slow/counteract rotation in preparation of landing.
- Spin originating at the core along desired off axis route at lip 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 Spin.
- Ability to show manipulation of multiple axis is key.
- Be able to mix axis’ in order to Cork or Bio any rotation.

## **Spins-multiple 360's:**

**Outcome:** To perform a concise & calculated full rotations(360) 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.



## ---Pipe Element---

### Advanced Half Pipe:

**Guest Outcome:** To effectively navigate Halfpipe from left to right wall (or vice versa) with rotational direction change, multiple tricks and visible amplitude upon exit of walls. Ability to roll in & out of the pipe.

**Terrain and Tactics:** Super pipe 18'-24' or super duper pipe 22'-30', 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 halfpipe 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 halfpipe.
- Utilizing a variety of tricks and maneuvers, as well as speeds and exiting height.
- Amplitude at the advanced level should be at least one ski length out of pipe if not more
- Ability to interrupt the overall flow of the pipe by rolling out, but also having the ability to roll back into the flow when needed to.

## ---Flow/ Navigation Element---

### ATML Phase Consistency:

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

**Terrain and Tactics:** Large 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:** Large 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:** Large 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:** Large 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.