



ROCKY MOUNTAIN DIVISION

Professional Ski Instructors of America
American Association of Snowboard Instructors

Freestyle Spring Session

Discipline: Alpine Freestyle

Time: 12 hours/2 days

Setting: Outdoors, green, blue, and black terrain, extra small to medium terrain parks, halfpipes

Required Prerequisites courses:

- Level 1 Certification
- Freestyle Specialist 1

Course Description:

This clinic is designed to explore current freestyle teaching and technical applications. Participants will be given the opportunity to practice their teaching, MA, and skiing skills. Participants will have the opportunity to practice tricks and receive feedback in a session environment. Video may be used to create clarity of current performances as well as develop participants technical understanding. Experimentation will be encouraged at each participants' individual level. This course builds upon the Freestyle Specialist 1.

Equipment: Freestyle equipment highly encouraged.

Course Objectives:

- Build a positive, collaborative, session environment. (Affective)
- Gain understanding of cause and effect relationships in freestyle. (Cognitive)
- Participants will improve body performance to enhance skill manipulation. (Psychomotor)
- Apply freestyle tactics to navigate features with variety. (Cognitive)
- Participants will modify the D.I.R.T. of movements to demonstrate tricks on a variety of features. (Psychomotor)

Sample Activities:

- Review Park Smart, terrain park traffic patterns, and good decision making for freestyle progression.
- Hike features to allow participants to receive feedback and modify their performance in a social, session environment.
- Use video review to practice Movement Analysis and facilitate technical discussion.
- Practice building SASC progressions in small groups or as individuals.
- Monitor performance and energy levels throughout the day.
- Build plans for continued development.



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Materials Needed:

- Roster
- Video review equipment