



ROCKY MOUNTAIN DIVISION
Professional Ski Instructors of America
American Association of Snowboard Instructors

Natural Terrain Freestyle

Discipline: Freestyle

Time: 6 hours/ 1 day

Setting: Outdoors, blue, black, and high alpine terrain, natural terrain features including rollers and natural transitions, rock drops, windlips

Course Description:

This on-snow, interactive, 1 day clinic is designed to enhance your teaching skills on natural terrain features such as rock drops and wind lips. Participants will practice how to assess and manage risk in the alpine environment. Work with your peers and clinic leader to develop progressions using freestyle concepts ATML and SPS on natural terrain.

Required Prerequisites courses:

- Freestyle Specialist 1

Prerequisite Skills:

- Participants can ski fall line in black terrain in variable conditions
- Participants can navigate rocks and other obstacles in high alpine terrain

Equipment: Freestyle/Freeride equipment that the participant feels confident using in the clinic setting and the snow conditions on the clinic day.

Course Objectives:

- Build a positive, collaborative, session environment. (Affective)
- Understand how to manage risk and make decisions in the natural freestyle environment. (Cognitive)
- Gain understanding of cause and effect relationships in natural terrain freestyle. (Cognitive)
- Participants will improve body performance to enhance skill manipulation. (Psychomotor)
- Apply freestyle tactics to navigate features with variety. (Cognitive)

Sample Activities:

- Review how Park Smart and traffic patterns apply in the natural terrain environment.
- Explore Variables affecting natural freestyle terrain use and how they affect the Three C's of Park/Freestyle Readiness
- Practice Risk Management/Decision Making in the natural freestyle environment
- Practice building skill focused progressions for natural terrain freestyle in groups or as individuals
- Session features to allow participants to receive feedback and modify their performance in a social, session environment.

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- Monitor performance and energy levels throughout the day.
- Build plans for continued development.

Materials Needed: Roster, Detailed mountain conditions report