



ROCKY MOUNTAIN DIVISION

Professional Ski Instructors of America
American Association of Snowboard Instructors

Freestyle Academy

Introduction:

Join Freestyle Team members and Regional Freestyle staff for 2, 3 or 5 days of park riding, development, and certification at Team USA's freestyle training ground: Copper Woodward Terrain Park and Halfpipe. This is a 5-day event total but can be split up to meet your goals. The first 2 days are training towards certification standards. The last 3 days will be a FS1, FS2 and FS3 assessment. It's your choice how to attend the event. Choose clinics only (days 1-2), assessments only (days 3-5) or attend all 5 days to get the most out of this one-of-a-kind event.

Learning outcome

- The participant will leave this event with a better understanding of their abilities as it compares to the national standards towards FS-1, 2, and 3.
- They will also gain more confidence by being able to present teaching and movement analysis segments at the various levels of FS.

Learning Experiences

- The participants will spend time skiing and riding different sized feature to find where they are comfortable performing a range of tricks from the National Trick List for the Freestyle Specialist program.
- Participants will work on building teaching progressions from outside to inside the park as they hone their skills at teaching freestyle.
- Participants will also practice giving each other feedback while their trainer is looking on to help with accuracy.
- Participants will also have the unique ability to go indoors in the evening to work on their tricks and coaching in the safer environment with trampolines and foam pits in the Woodward Barn.

The Format:

Two days of clinics-

Focus- These are two days of training towards preparation towards your Freestyle Specialist assessment. You will be going over all three elements you will be scored on: Teaching, Movement Analysis and Ski/Ride. You will get individualized feedback on your riding/skiing on various features from beginner to expert level as to what you need. Skiers and riders will be split by ability level. You will also get ideas and practice towards teaching a coaching within the park and pipe. Lastly you get in-depth training on your ability to do MA as you and your peers will be watching one another while you progress. At the end of these two days, you will have a one-on-one chat with your coach as to what level Freestyle Specialist level you should be going for to have a the greatest rate of success.

Add-on: Woodward Barn sessions

You will also have access to the world-class indoor Woodward Barn facility. This will give you a chance to work on those tricks and new movement patterns in a safe environment on trampolines, and foam pits. Your coaches will be there to help coach you as well. (Please note this is not included in the cost of the event and will be additional but it will be at a discounted group rate)

Three-day Assessment-

This is the Freestyle Specialist Exam. We will have the availability to run level 1, 2, and 3. This will follow the new National Standard and be scored on the new National Scorecards.

Day 1 will be the MA Day in alignment with the level of exam.

Day 2 will be the Teaching Day in alignment with the level of exam.

Day 3 will be the Skiing / Riding Day in alignment with the level of exam.