



Contemporary Coaching Halfpipe/Slopestyle

Discipline: Freestyle

Duration: 6 hours/ 1 day (6 CEUs)

Setting: Outdoors, Terrain Park jumps and rails, Halfpipe, natural jumps, Green and blue groomed runs

Course Description:

This on-snow, interactive, 1 day clinic is designed to enhance your understanding of current coaching practices at the highest levels of snowboarding, and give new tools to implement for guests and instructors. Participants will actively use and apply coaching techniques using current equipment and best practices in halfpipe or slopestyle competition. Participants will learn how an advanced understanding of the ATML model in conjunction with up to date tools can improve feedback and personal riding at any level

Required Prerequisites courses:

- Discipline Level 1
- Freestyle Specialist 1

Prerequisite Skills:

- Participants can ski/ ride to a cert 1/FS1 level in the terrain park and Halfpipe.
- Participants know Park Smart and can safely navigate the terrain park environment

Learning Outcomes:

By the end of this clinic, successful participants will be able to:

- Describe an in depth understanding of the ATML model and how it applies to halfpipe or slopestyle snowboarding/skiing
- Describe how to leverage the ATML model on each distinctive phase of the halfpipe or slopestyle feature to identify common deficiencies in freestyle snowboarding/skiing
- Demonstrate how to use different tools to provide feedback and enhance performance
- Demonstrate how to use the ATML model to enhance their own performance

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

Potential Learning Experiences:

- Review how Park Smart and traffic patterns apply to safety and learn safe places to be for enhanced focal points.
- Learn current tools and understanding of concepts to give feedback productively
- Practice Risk Management/Decision Making
- Practice building skill focused progressions for halfpipe or slopestyle riding in groups or as individuals
- Session features to allow participants to receive feedback and modify their performance in a social, session environment.

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