



ROCKY MOUNTAIN

Freestyle Educational Event Catalog



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Introduction:

Supporting snowsports instructors in their professional development qualifies the skill sets outlined for great instruction outlined in the PSIA-AASI National Standards. These skill sets are grouped into the following assessment modules with Learning Outcomes defining attainable milestones in professional development.

- Teaching & People Skills
- Movement Analysis & Technical Understanding Skills
- Technical Performance Skills

At educational events, participants can expect a supportive, engaging environment focused on skill improvement, teaching methodology, and movement analysis. Educational events are designed to align with national standards, offering personalized feedback and hands-on experience to help instructors grow and succeed on their certification path.

Members must meet the minimum certification level required to participate in an event. For further questions or concerns, please contact the office at events@psia-rm.org or (970)-879-8335.

Materials and Equipment Needed for All Educational Events:

- Appropriate riding/ski gear to be on-snow in all weather
- Helmets are required



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Freestyle Educational Events



Technical Foundations

Course Description:

This one-day indoor session focuses on the technical aspects of contemporary skiing and the foundations for understanding skiing and movement analysis models. Participants will have the opportunity to hone their technical understanding through discussion as well as time spent moving and experiencing how biomechanics and basic physics principles affect skiers and riders. Video may be used to help understand how movement analysis models are supported by the technical foundations

Learning Outcomes:

- Demonstrate how biomechanics allows the body to move utilizing movement, discussion, questions and answers.
- Demonstrate how basic physics principles cause and allow skiers and riders to move utilizing movement, discussion, questions and answers.
- Demonstrate how biomechanics combined with basic physics principles can help us understand effective and ineffective skiing and riding movements utilizing movement, discussion, questions and answers.
- Demonstrate how movement analysis models are supported by biomechanics and basic physics principles using video combined with movement, discussion, questions and answers.

Sample Learning Experiences:

- Utilize Bob Barnes' Technical Foundations DVD to guide course content and discussion.
- Organize group to participate in a variety of classroom styles, such as: large room lecture, small group discussion and others.
- Bring information to life through interactive participation, fun demonstrations, movement, discussion, analogies, comparisons to participants' actual lesson experiences and other creative means.
- Have group experience movements that will allow them to feel and see how the technical fundamentals are anchored in the principles learned.
- Utilize video of skiing and riding to see and discuss actual skiers and riders and how the technical foundations principles and movement analysis models work PSIA-RM 2023 together to help us understand effective and ineffective riding and skiing movements and outcomes.

Materials Needed:

- Large room with computer, speakers, LCD and power point capabilities.
- Any handouts to enhance learning.



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- Props that can assist with enhancing the learning; skis, boards, boots, other “toys” that bring learning to life.
- Current version of the Technical Foundations DVD



The Foundations of Freestyle

Discipline: Freestyle- Alpine/Snowboard

Duration: 1 day (6 CEUs)

Setting: Outdoor- potentially numerous snow conditions, green and blue terrain, extra small and small terrain parks- large halfpipe (*low speed and intensity will be standard in all settings*)

Course Description:

- What - Freestyle utilizes skill applications that differ from traditional applications. This allows both skiers and snowboarders to increase awareness regarding skill application. As a result, skiers and snowboarders may discover how to alter patterns to affect both freestyle and traditional outcomes in new ways. This clinic will not only be fun, but it will also allow participants to be more diverse and complete as skiers and snowboarders.
- How – This clinic will focus on freestyle both outside and inside terrain parks. Outside of terrain park settings, flatland settings and natural features will be explored. Inside terrain park settings, exploration will occur in both extra small and small terrain parks. Participants will explore through play at slow speeds and intensities
- Who – This clinic is intended for all audiences. Participants can have terrain park experience or none at all. Participants can explore these settings at the most basic level but can also be challenged to their abilities within entry level freestyle. Participants can prepare for an exam, fulfill 2-year RM-PSIA clinic participation requirements, or just to learn and have fun.

Prerequisites Courses and Skills:

- At a minimum, participants must possess a level 1 certification in the attending discipline.

Course Objectives:

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

- Audience – Must have L1 in the attending discipline and desire for entry level freestyle settings
- Behavior – Develop and refine, or further develop and refine, new skill applications •
- Condition – Greens and blues, extra-small and small terrain parks, and large half-pipe •
- Degree – All participants will be successful in varying degrees through different skill applications and setting
- Effect – Participants will primarily develop new skill applications. As a secondary, participants will have fun. This clinic will not emphasize cognitive knowledge while on snow. Opportunities for deeper cognitive exploration may occur on chair lifts and inside settings.



Activities

- This clinic is designed to explore freestyle through play. It is also designed to be fun. The activities may reflect FS1 preview objectives in a more casual tone. United team efforts that are engaging and encouraging will be promoted. There will be opportunities for self-exploration, partner exploration, and team exploration. No participant will be pushed beyond their comfort zone, yet, participants will be encouraged to be open-minded and 'try' according to the guidance of the clinician.

Materials Needed: It is recommended participants have freestyle alpine and snowboard equipment.



Natural Terrain Freestyle

Duration: 1 day (6 CEUs)

Course Description:

This on-snow, moderate to high intensity 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 your clinic leader to develop progressions using freestyle concepts ATML and SPS on natural terrain.

Prerequisites Courses and Skills:

- Freestyle Specialist 1
- Participants can ski fall line in black terrain in variable conditions
- Participants can navigate rocks and other obstacles in high alpine terrain

Course Objectives:

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

- Demonstrate how to manage risk and make decisions in the natural freestyle environment.
- Discuss the body performance and ski performance they are working on improving in their own skiing/snowboarding and why.
- Apply freestyle tactics to navigate features with variety.
- Demonstrate how to incorporate natural terrain features into freestyle progressions

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.
- Build plans for continued development.

Materials Needed: Freestyle/freeride equipment that the participant feels confident using in the clinic setting and the snow conditions on the clinic day.



Freestyle Technical Foundations

Duration: 2, 2 hour sessions (6 CEUs)

Setting: Online

Course Description:

This online clinic will focus on the mechanics of freestyle and implement a freestyle lens to Movement Analysis. Participants will have the opportunity to hone their technical understanding through group discussion as well as time spent viewing movement patterns. Participants will develop problem solving skills and knowledge of cause & effect relationships, and practice formulating lesson plans for skiers viewed from video. Emphasis will be placed on freestyle riding at beginner and intermediate levels while connecting concepts to all skill levels.

Prerequisites Courses and Skills:

- Discipline Level 1
- Interest in Freestyle Teaching, or a current freestyle instructor

Course Objectives:

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

- Demonstrate using ATML (Approach, Takeoff, Maneuver, Landing) and SPS (Speed, POP, Spin) in movement analysis.
- Describe Park SMART and how to utilize it during lessons.
- Describe how to use the ATML model to enhance their own performance
- Differentiate between effective vs. efficient movement patterns in Freestyle.

Potential Learning Outcomes:

- Discuss the freestyle technical concepts in a large group setting.
- Organize the group into pairs or small groups for additional discussion, collaboration, and practice analyzing freestyle.
- Watch video of freestyle and analyze both ATML and SPS.
- Perform physical activities and watch videos to enhance the discussion of:
 - Relationships between ATML, and SPS (Phase to Phase, skill to skill)
 - Biomechanics of Freestyle and how they relate to the fundamentals
 - Cause and effect relationships in Freestyle
- Discuss tactics that align Park Smart with our needs to demonstrate for our students, watch our students, and use vantage points that add clarity.



Freestyle Halfpipe Improvement

Duration: 1 or 2 days (6 or 12 CEUs)

Course Description:

This medium to high intensity performance clinic explores the technical and tactical aspects of halfpipe and transition skiing/snowboarding for PSIA-AASI Level I certified instructors and above. We will explore the application of the fundamentals and more desirable board/ski performance and body performance in the halfpipe environment. This course builds on the foundational skillset of the FS1, which is recommended but not required. The halfpipe is an ideal setting to challenge snowboarders/skiers of varying ability in the same environment.

Prerequisites Courses and Skills:

- FS1
- Snowboarding or Parallel skiing on black terrain

Course Objectives:

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

- Demonstrate and describe how Speed, POP and Spin are applied in the halfpipe.
- Align tactics and technique to take advantage of athleticism and board/ski performance in the halfpipe.
- Describe board/ski and body performances that lead to controlled runs in firm halfpipe conditions.
- Demonstrate how tactical choices can increase or decrease amplitude in the halfpipe.
- Describe how to set up safe learning environments in the halfpipe.

Potential Learning Outcomes:

- Explore the application of the fundamentals in the halfpipe and how to build fundamental based progressions both in the halfpipe and in other areas of the mountain.
- Shoot and review video and receive feedback relating to tactics, body performance and board/ski performance.
- Experiment using different tactics in the halfpipe and discuss what effect they had on amplitude
- Compare board/ski performance and body performance between riding/skiing on the left and right walls of the halfpipe and which performance is more desirable.
- Explore tactics and progression steps in the halfpipe in order to try new tricks safely.



All Mountain Freestyle Clinic

Discipline: Freestyle (Multi-Discipline)

Duration: 1 Day (6 CEUs)

Setting: On-snow

Course Description:

This clinic is a fun and mind opening experience on how to ski/ride the whole mountain with a freestyle view and mentality. This clinic is ideal for anyone wanting to learn about teaching freestyle outside the park.

Participants will learn how to teach freestyle using a variety of terrain and how to incorporate freestyle into their all mountain riding/skiing. This clinic will enhance your alpine/snowboard skill sets by expanding your knowledge of functional movement patterns for specific outcomes. The clinician will help you build your confidence while working through new challenges and ideas, which will deepen your mountain experience and expand your teaching options.

Prerequisites Courses and Skills:

- PSIA/AASI Alpine/Snowboard Level 1 Certification

Course Objectives:

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

- Demonstrate freestyle applications in an all-mountain environment
- Demonstrate how to build freestyle progressions to enhance teaching
- Collaborate on how to help promote learning of new skills through freestyle
- Describe how to apply freestyle terminology and tactics in the all-mountain environment.

Potential Learning Outcomes:

- Apply the A.T.M.L. model to various types of terrain
- Build S.A.S.C. (static, active, simple, complex) progressions and explore how different types of terrain can be incorporated into progressions.
- Explore how the application of Speed, POP, and Spin changes in different types of terrain and conditions
- Practice how to safely set up session environments outside the park and how Park Smart is relevant to all mountain snowboarding/skiing.
- Practice freestyle techniques and tricks and have participants receive feedback on desired body performance and ski performance.



Freestyle Academy

Course Description:

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

Course Objectives:

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

- 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.

Potential Learning Outcomes:

- 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:

2 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.



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Freestyle Assessment Prep Events



Freestyle Specialist 1 Prep

Duration: 1 day (6 CEUs)

Course Description:

This is the clinic for anyone preparing for the FS1 assessment and is also a great clinic for anyone who wants to learn about teaching introductory/beginner freestyle lessons. This clinic is a preparatory clinic for the development of skills and understanding needed to attend the Freestyle Specialist 1 assessment (Separate Event). Candidates will be briefed on sample progressions for teaching at the introductory level of freestyle. Candidates will receive feedback for development on freestyle tasks and tricks as well as how their personal skill set relates to the FS1 standard. Movement Analysis and technical understanding will be developed, as well as working through concepts such as S.P.S, ATML, Fear Model, Park Smart, etc in order to build progressions

Course Objectives:

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

- Describe how to apply ATML and SPS to freestyle features and tricks.
- Demonstrate how to build freestyle progressions for introductory/beginner level lessons.
- Demonstrate how to use Park Smart and how to safely teach a group of students in the terrain park.
- Describe what body performance and ski performance they are working on in introductory/beginner freestyle tricks.
- Describe what they need to work on to be successful at the FS1 Assessment.

Potential Learning Outcomes:

- Share concerns about skiing/riding and teaching in freestyle terrain and discuss how these concerns can be managed
- Practice building fundamental based S.A.S.C. (static, active, simple, complex) progressions for introductory/beginner freestyle tricks.
- Practice speaking to ski performance and body performance in different phases of the A.T.M.L. model (approach, take-off, maneuver, landing)
- Utilize tactics that will allow introductory level freestyle students to use terrain park features while minimizing risk
- Practice using Park Smart in the terrain park and discuss how to teach it to your students
- Relate individual skill sets in MA/Tech, Teaching, People Skills, and Skiing/Riding to the FS1 standard.



Freestyle Specialist 2 & 3 Prep

Duration: 1 day (6 CEU's)

Course Description:

This is the clinic for anyone preparing for the FS2 assessment and is also a great clinic for anyone who wants to learn about teaching freestyle lessons in the medium park.

This clinic is a preparatory clinic for the development of skills and understanding needed to attend the Freestyle Specialist 2 assessment (Separate Event). Candidates will be briefed on sample progressions for teaching at the intermediate level of freestyle. Candidates will receive feedback for development on freestyle tasks and tricks as well as how their personal skill set relates to the FS2 standard. Movement Analysis and technical understanding will be developed, as well as working through concepts such as S.P.S, ATML, Fear Model, Park Smart, etc in order to build progressions for teaching a freestyle lesson.

Learning Outcomes:

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

- Describe how to apply ATML and SPS to freestyle features and tricks.
- Demonstrate how to build freestyle progressions for intermediate level lessons.
- Demonstrate how to use Park Smart and how to safely teach a group of students in the terrain park.
- Describe what body performance and ski performance they are working on in intermediate freestyle tricks.
- Describe what they need to work on to be successful at the FS2 Assessment.

Potential Learning Experiences:

- Share concerns about skiing/riding and teaching in medium freestyle terrain and discuss how these concerns can be managed
- Practice building fundamental based S.A.S.C. (static, active, simple, complex) progressions for intermediate freestyle tricks.
- Practice speaking to ski performance and body performance from phase to phase of the A.T.M.L. model (approach, take-off, maneuver, landing)
- Utilize tactics that will allow intermediate level freestyle students to use terrain park features while minimizing risk
- Practice using Park Smart in the terrain park and discuss how to teach it to your students
- Relate individual skill sets in MA/Tech, Teaching, People Skills, and Skiing/Riding to the FS2 standard.



Additional Resources and FAQs

How to Register for an Event?

There are a few ways to register. You can register online through the Rocky Mountain website under the 'Events' tab, or you can download an application form from the "Events" tab and email it to events@psia-rm.org. We do not accept phone registrations as you need to sign the waiver for the event and cannot complete that over the phone.

If online registration is closed, can I still register for an event?

Yes, you can still register for an event after online registration is closed, please download a form fillable PDF Event application from the "Events" tab and email it to events@psia-rm.org.

Resources:

The event calendar is available at: <http://www.psia-rm.org>

[View the event cancellation policy on the PSIA-RM website](#)

[View the waitlist policy on the PSIA-RM website](#)

[View the CEU education requirement policy on the PSIA-RM website](#)

For additional questions or concerns, please email events@psia-rm.org



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