2026/2027

Freestyle Curriculum Guide

Table of Contents

Freestyle Educational Events

Freestyle Technical Foundations 5
All Mountain Freestyle 6
Freestyle Terrain Park Improvement 7
Freestyle Halfpipe Improvement 8
Freestyle Academy 9

Freestyle Assessment Prep Events

Freestyle Specialist 1 Prep 12
Freestyle Specialist 2 & 3 Prep 13

Additional Resources and FAQs 15

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

Freestyle Educational Events

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 for 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:

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

Learning Outcomes:

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 Experiences:

- 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 riding and analyze both ATML and SPS.
- Perform physical activates 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.

All Mountain Freestyle

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 Discipline Level 1 Certification
- Comfortable snowboarding/skiing on black terrain

Learning Outcomes:

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 Experiences:

- 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 Terrain Park 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 terrain park 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 terrain park environment. This course builds on the foundational skillset of the FS1.

Prerequisites Courses and Skills:

- FS1
- Comfortable snowboarding/skiing on black terrain

Learning Outcomes:

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

- Demonstrate and describe how Speed, POP and Spin are applied in the park using ATML and discipline fundamentals.
- Align tactics and technique to take advantage of athleticism and board/ski performance in the terrain park.
- Describe personal strengths and challenges in terrain park riding/skiing and tools and tactics to aid in skill developement.

Potential Learning Experiences:

- Explore the application of the fundamentals in the terrain park and how to build fundamental based progressions both in the terrain park 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 terrain park and discuss what effect they had on S.P.S.
- Compare board/ski performance and body performance between riding/skiing tricks performed in multiple directions.
- Explore tactics and progression steps in the terrain park in order to try new tricks safely.

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
- Comfortable snowboarding/skiing on black terrain

Learning Outcomes:

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 Experiences:

- 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.

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: Woodward Copper 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 Outcomes:

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

- Demonstrate freestyle tricks off the PSIA-AASI National Trick List
- Describe how their skills relate to the PSIA-AASI National Standards for Freestyle MA/Tech, Teaching/People, and Riding

Potential Learning Experiences:

- Session features in the park by lapping or hiking to help build a higher comfort level with different types of features and new tricks
- Together or in small groups, practice building freestyle teaching progressions that would be useful for potential students or peers.
- Practice Observing peer level riding and describing it using ATML, SPS, and Discipline Fundamentals.
- Evaluate peer level riding, what movements are effective for successfully landing tricks, and what movements are inhibiting successful performance.
- Practice tricks and new movements at the Woodward Barn using trampolines, foam pits, and other training equipment.

The Format:

Clinics

- These two days of training are preparation towards your Freestyle Specialist assessment. You will be going over all three elements you will be assessed on: Teaching/People Skills, Movement Analysis/Technical Skills and Riding Skills. You will get individualized feedback on your riding on various features from beginner to expert level based on your individual needs. You will also get ideas and practice for teaching in 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. Throughout these 2 days your clinic leader will help you understand how your skills compare to the PSIA-AASI Freestyle National Standards.

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 tricks and new movement patterns in a safe environment on trampolines, and foam pits. Freestyle National Academy clinic leaders and Woodward Barn coaches will help guide your practice. (Please note this is not included in the cost of the event and will be additional cost, but it will be at a discounted group rate)

Three-day Assessment

- This is a Freestyle Specialist Assessment. FS1, 2, and 3 will all be offered at this event. Please reference the PSIA-AASI RM website for additional assessment information.

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

Prerequisites Courses and Skills:

- PSIA-AASI Discipline Level 1 Certification

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 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 Experiences:

- 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.

Prerequisites Courses and Skills:

- FS1

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.