



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

# Natural Terrain Freestyle

**Duration:** 1 day (6 CEU's)

## 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.

## 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.

## Learning Outcomes:

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.