

Freestyle Workbook

This workbook is intended to help you, the Freestyle Candidate, to understand and grasp the basic knowledge of the Park and Pipe realm prior to your Freestyle Specialist exam.

Candidates are encouraged to go explore their home resort terrain park or one close by to get a feel and an understanding of what takes place within a terrain park. In-house ski school freestyle clinics are another way to learn about terrain parks and the skills needed to ski comfortably and safely in the park.

Use the following reference materials and aids to help complete the workbook: Park and Pipe Instructor's Guide, any trail map, All Freestyle Specialist Standards (available on the PSIA-RM web site), the terrain park manager at your mountain, and any freestyle trainers/gurus within your ski school. **Bring your completed Freestyle Workbook with you to your exam to give your examiner on day one.**

S a f e t y

1. What symbol designates freestyle terrain?

2. What is smart style? Name the 4 points and what they mean in your own words.

3. How do you use a spotter in a terrain park? How do you safely spot a tabletop jump?

4. If a skier/rider starts at the top of a terrain park and flows through, hitting all features in his line and then comes to a feature being hiked by a fellow rider over and over again, who has the right of way? How is this similar and/or different from your Responsibility Code?

5. How do you know when to call it quits after spending a day on the Hill/terrain Park?

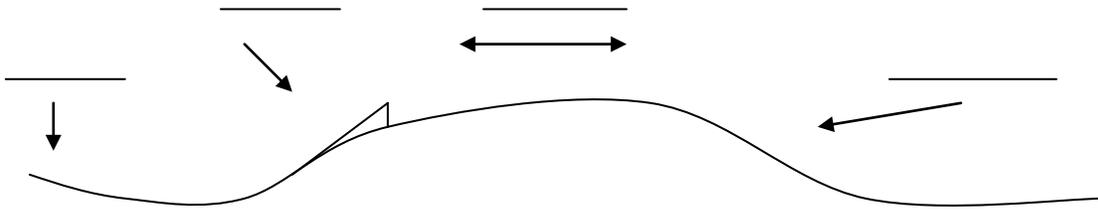
6. What indicator(s) signify when a feature is clear/open?

- a. A spotter gives you an "O" symbol with his/her arms
- b. You watch the skier/rider before you ski away from the landing
- c. Both A and B
- d. A spotter gives you a "X" symbol with his/her arms or poles

A.T.M.L., S.P.S. & P.O.P.

7. What is A.T.M.L. and how would it be applied to a tabletop jump?

8. Label the following diagram of a tabletop jump using A.T.M.L.



9. What is S.P.S. and how does it relate to the A.T.M.L. model?

10. What adjustments using S.P.S. can assure a safe landing?

- a. More speed
- b. Less P.O.P.
- c. Less speed

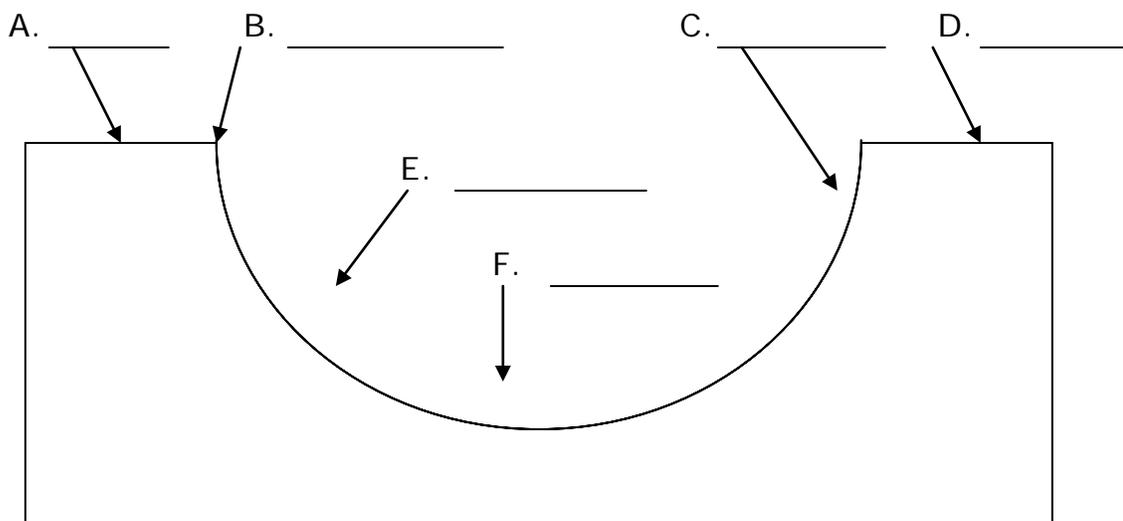
11. What does the acronym P.O.P. stand for and how does it relate to the A.T.M.L. model?

12. When should we P.O.P. off of a feature?

- a. Heel pieces of binding at lip
- b. Toe pieces of the binding at lip
- c. Tips of skis at lip

Half Pipe

13. Label the half pipe using the following terms (looking down): right deck, lip, transition/tranny, left deck, flat bottom, and vert.



14. What tactics can be used to adjust speed in the half pipe?

At All three levels of the PSIA Freestyle Specialist process there is a required maneuver for amplitude in the half pipe.

15. The required height for Freestyle Specialist 1 (Basic) is:

- a. On the curved transition
- b. On the vertical part of the wall
- c. Above the lip
- d. 3 feet above the lip

16. The required maneuver for Freestyle Specialist 2 (Intermediate) is:

- a. On the vertical part of the wall
- b. Above the lip
- c. 3 feet above the lip
- d. 10 feet above the lip

17. The required maneuver for the Freestyle Specialist 3 (Advanced) is:

- a. On the vertical part of the wall
- b. Above the lip
- c. 3 feet above the lip
- d. 10 feet above the lip

18. What is the trick called when you rotate back up the half pipe while in the air?

19. Do we use poles in the half pipe? Why or why not?

Jumps

20. Where is the landing zone in regards to a tabletop jump and why do you want to land there?

22. Every feature requires your approach to be within a certain speed range to be successful. Some features require you to approach them at slower speeds; meanwhile, other features require you to approach them at faster speeds. Give three examples of how you can gauge the speed necessary to be successful at a feature without actually hitting it.

1.

2.

3.

23. When taking off from an intermediate jump, should your speed be faster or slower than a basic jump?

24. What is a common characteristic of children jumping?

- a. They land with their Center of Mass (CM) aft
- b. They take off with the CM aft
- c. Their hands are behind their hips
- d. All of the above
- e. None of the above

25. During your pre-ride, name 3 things to look for while inspecting a feature.

1.

2.

3.

26. From what posture are most grabs originated?

- a. Cannonball
- b. Drunken Spider
- c. The Whooping Crane
- d. Cobra

27. What is side jumping? Why is this action problematic on features not designed for it?

Rotational Airs (Spins)

28. Within the "pre-ride, re-ride, free ride" recommendation, when would it be appropriate to perform a rotational air (spin)?

29. Being body part specific, where does a spin originate?

30. Which direction do you spin most comfortably? Left or right?

31. When talking about rotational airs (spins) what is the difference between unnatural and natural?

32. How does the rate of your spin change over a longer tabletop jump versus a shorter tabletop jump, faster or slower?

At all three levels of the PSIA Freestyle Specialist process, there is a required maneuver for rotational airs off of jumps.

33. The required maneuver for Freestyle Specialist 1 (Basic) is:

- a. 180
- b. 360
- c. 540
- d. 720

34. The required maneuver for Freestyle Specialist 2 (Intermediate) is:

- a. 180
- b. 360
- c. 540
- d. 720

35. The required maneuver for Freestyle Specialist 3 (Advanced) is:

- a. 180
- b. 360
- c. 540
- d. 720

Switch Skiing

36. What are some similarities and differences between skiing switch versus skiing forwards?

37. When skiing switch basic parallel, it is beneficial to look over your outside shoulder. Why would this be beneficial?

38. What is the primary turning force when skiing switch?

- a. Blocking pole plant
- b. Rotary chin movement
- c. Upper body rotation
- d. Leg rotation

Equipment

39. Name some characteristics of park skis.

40. Why are these characteristics beneficial in a terrain park?

Definitions

41. What is a "butter" and when would you use this maneuver?

42. Define "steeze" and how does it relate to freestyle?

43. What is absorption and why is it important?

44. What is a "jibber"?

45. What is a "jib"?

Rails

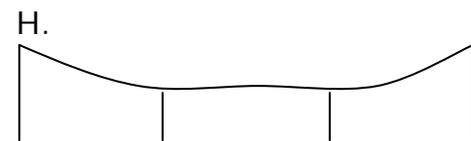
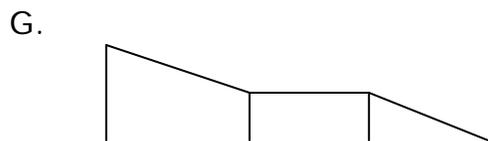
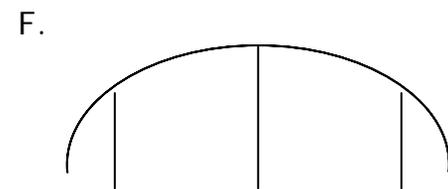
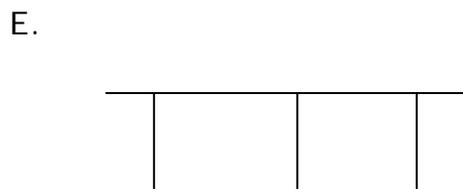
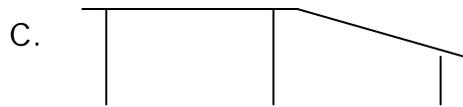
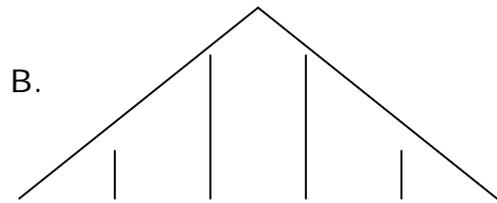
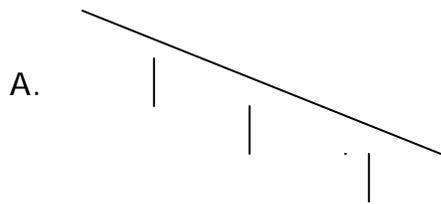
46. In the maneuver phase while sliding a rail, where should your vision be directed?

- a. At the crowd
- b. At the end of rail/landing
- c. At your feet
- d. Back at the take-off

47. With which foot forward do you feel most comfortable sliding a rail/box?
Right or left?

48. Match the rail with its correct name:

1. Straight rail _____
2. Flat-down rail _____
3. A-frame rail _____
4. Battleship rail _____
5. Rainbow rail _____
6. Down-flat-down rail _____
7. Down rail _____
8. Unbow rail _____



Your Mountain

49. What is the busiest day of the week in the terrain park(s) at your home mountain?

50. What are the busiest times of day in the terrain park(s) at your home mountain?

51. What is the name of the terrain park manager at your home mountain?

Essay

52. A teaching progression is a series of drills that share a common focus and build up from very simple exercises to the actual intended turn or trick. A simple way to build a teaching progression is to use the S.A.S.C. Model (pronounced "Sassy"), an acronym for Stationary, Active, Simple, and Complex.

For example, if you were teaching someone to do a "spread eagle" in the air, you might teach them the following progression: 1.) Out of skis: do a jumping jack in the air. 2.) In skis: jump and spread legs slightly before bringing them back together and landing. 3.) Traversing across a flat hill: do the same slight jumping jacks. 4.) Over a small jump: do a small spread eagle.

Please create your own 4-part "S.A.S.C." progression for one of the following tricks: (a.) grab off of a jump (b.) sliding a fun box (c.) or spinning a 180 off of a jump.