



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

# The Foundations of Freestyle

**Discipline:** Freestyle – Alpine and Snowboard

**Time:** 6 hours/ 1 Day

**Setting:** Outdoors – 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.

**Recommended Prerequisite Courses:** At a minimum, participants must possess a level 1 certification in the attending discipline

**Equipment:** It is recommended participants have freestyle alpine and snowboard equipment.

## **Course Objectives:**

- **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 settings
- **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.