



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

## 201 SERIES CLINICIAN OUTLINES

### Riding 201

- Hand out and explain the candidate self-assessment feedback form. Explain the importance of writing down notes from the day. It is the candidate's responsibility to own their feedback.
- Review Exam Assessment Form
- Review the riding tasks via the task chart and the 6 Descriptors
- Bumps -Ideally, we want to encourage people to use the bumps to allow their legs to get small and twist to initiate that next turn.
- Skidded turns- Ideally, we want to encourage people to steer equally with both legs while keeping a quiet upper body and therefore showing separation. Look for the nose of the board tracking across the fall-line as well as the tail.
- Carve turns - Ideally, we want to encourage people to make sure to close their heel turn as much as their toe turn. The edge change should happen across the fall-line.
- Freestyle
  - Outside Park: Air 180's (both backside & frontside, across fall line) Please note these can be done off two feet or ollied. However, the front-side needs to be off of heels and back-side off toes.
  - Small Jumps: Straight airs with grab or shifty using takeoffs and landings
  - Small Ride-on boxes: press or pivot move (movement initiated on feature)
  - Halfpipe or similar natural terrain with aerial edge change at bottom of vert
- Versatility/adaptability tasks (some of suggested tasks, refer to the task chart for full list)
  - Toe-toe turns flat spin on the ground (the flat spin 180 happens across the fall-line and will be done with a front-side pivot between the feet and on the heel edge, locking in the new toe edge turn across the fall-line)
  - Heel-heel turns flat spin on the ground (the flat spin 180 happens across the fall-line and will be done with a back-side pivot between the feet and on the heel edge, locking in the new toe edge turn across the fall-line)
  - Pivot slips (with a focus of upper/lower body separation, but no vertical movement and these are meant to happen with a consistent 180 centered degree pivot)
  - Edge Hops (with a focus of edge pressure management, flexion/extension these will be done with a closed turn, take-off across the fall-line and land on the downhill edge across the fall-line.)
- Provide feedback, recorded on Cert 2 Preview feedback sheet recorded by participant, to each participant individually. Include where the participant is ready for the exam and areas they need improvement in to reach the standard.