



PSIA-Rocky Mountain-AASI



Snowboard Ride 301

Discipline: Snowboard

Time: 2 days Credits 2

Setting: On-snow

Course Description: This two day clinic will focus on delving deeper into the details of education and riding skills. We will explore in applications of reference alignments, fundamental moves and board performance concepts. We will use these concepts to improve personal riding skills and gain a deeper understanding within your own riding. Practice effective tasks, demos and skill progressions and become a more competent rider as well as preparing for your level 3 riding exam day. Be more effective and understand your movements and how they relate to the snowboard.

Prerequisite: AASI/PSIA membership, Snowboard Level 2 certified, comfortable on a variety of black terrain.

Course Objectives:

- Participants will develop a deeper understanding of riding concepts, develop a deeper understanding of cause and effect relationships within their own riding. Participants will leave with a better understanding of task for exams and visuals to show in demos with students.
- Participants will strengthen their riding skills in learning to use Timing Intensity Duration in each task to get desired outcome.
- Participants will practice riding tasks and skill development for upper level riders.
- Participants will expand proficiency in riding ability to manage different situations including changing movement patterns, dealing with different types of terrain and snow conditions.
- Participants will come away with a broader understanding of mechanics in body movements and effects with board and applications in a variety of riding situations and conditions

Sample Activities:

- Ice breaker exercises to build rapport among the group and expose a variety of information useful for future exercises.
- Play and drills exploring movement and riding styles
- Riding time with direct feedback from peers and clinic leader

Materials Needed:

- Appropriate riding gear to be on snow both days
- Helmets are highly recommended