



PSIA-Rocky Mountain-AASI Snowboard Ride 401



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 with in your own riding. Practice changing up movement patterns with in the same task to show confidence and ownership of movements as well as preparing for your RMT riding portion of the exam. Riding skills will be to develop flow and solid decision making in terms of what will be most effective for the terrain and snow conditions

Prerequisite: AASI/PSIA membership, Snowboard Level 3 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 with in their own riding. Participants will leave with a better understanding of task for RMT exam and visuals to show in demos with other instructors and examiners
- Participants will strengthen their riding skills in learning to use Timing Intensity Duration in each task and ability to alter and change this with in the same task to get desired outcomes.
- Participants will practice riding tasks and skill development for purpose of training peers (other instructors).
- 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 mechanic 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