



# PSIA-Rocky Mountain-AASI Snowboard Tricks of the Trees Outline



Discipline: Snowboard

Time: 2 days Credits 2

Setting: On-snow

## Course Description:

- Take your basic riding skills from the groomers into the trees
- Tactics for teaching and exploring this type of terrain with students
- Riding other types of terrain that will develop solid skills for being confident and comfortable riding in the trees
- Selecting tree runs and class handling in the tree environment

**Prerequisite:** AASI/PSIA membership, Snowboard Level 1 certified, comfortable on a variety of blue terrain.

## Course Objectives:

- Become a more confident rider in the trees
- Improve your class handling in this environment
- Deeper understanding of skills required to ride in the trees and how to develop and recognize them in your students
- Deeper knowledge and ability to teach people and get them off the groomers and into the trees
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## 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 both in and out of the trees, on and off of the groomed runs
- 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