



Dear Snowboard Freestyle Specialist Candidate,

Welcome to the AASI-RM Freestyle Specialist program!

Freestyle is a defining aspect of our sport. As instructors we see this on a daily basis in our classes, on the mountain and when riding with friends. Our role in freestyle snowboarding starts at the beginning when we teach our students how to link turns and continues as we teach advanced techniques both in and out of the terrain park.

In an effort to ensure that our instructors are teaching safe, fun, informative, and current freestyle lessons, we have made some changes and enhancements to the freestyle specialist program. The certificate program has 3 levels: Freestyle Specialist (FS) 1, 2, and 3.

- Freestyle Specialist 1 (FS1) is for instructors who are teaching introductory freestyle techniques both inside and outside of the park and want to expand their coaching abilities.
- Freestyle Specialist 2 (FS2) is designed for instructors who take classes into the terrain park on a regular basis and ride confidently and efficiently on a variety of park features.
- Freestyle Specialist 3 (FS3) recognizes instructors who are dedicated to freestyle in every aspect, riding everywhere in the park and teaching a variety of concepts to any level student.

All levels are evaluated on teaching technique, movement analysis, and riding skill. Candidates' decision making in these aspects also weighs heavily into the process.

The key appeal to freestyle snowboarding lies in the individuality and creativity involved in this aspect of the sport. AASI does not expect to see you copy a particular style or lands identical tricks as the examiner; but we have defined some parameters to separate the levels. Please read the guidelines carefully, evaluate what level you are attempting to achieve and practice those concepts.

Come to the event ready to have fun, and expand your knowledge of freestyle snowboarding. We are looking forward to working with you!

Sincerely,

AASI-RM Freestyle Education Staff



FREESTYLE SPECIALIST OVERVIEW

The Freestyle Specialist event is a 1 day clinic, followed by a 2 day exam. Come prepared with your equipment and ready to ride on the first day. The first day will focus on building your skills in Freestyle Teaching, Movement Analysis and Riding. The next two days will be your exam day. One day will be focused on Teaching and Movement Analysis and the next day will be your riding assessment exam.

Passing

To attain any freestyle specialist level, you must ~~successfully complete the online exam prior to taking the on snow exam.~~ You will also need to meet the following standards of Instruction, Movement Analysis and Riding Skills. Concepts, skills and ideas from your previous experience and certifications should be shown throughout the evaluation process regardless of desired level.

Instruction Knowledge & Skill

Teaching knowledge and experience will be evaluated based on your presentations and conversations with the evaluator. You must clearly demonstrate that you have effective and accurate knowledge of freestyle snowboarding and show the use and understanding of the teaching and learning concepts when teaching. Evaluators will be watching for group handling skills and instructor safety when working with freestyle lessons. You may be asked practical application and knowledge-based questions of teaching, riding, and movement analysis on the chair lift and/or during your teach. Similar to riding, creativity is essential. The timeframe will be 15 minutes, with 5 minutes of questioning by the evaluator afterward.

Your Instruction Knowledge & Skill will be evaluated using the following concepts:

- Professionalism
- Group safety & Smart Park concepts Organization (Lesson Model)
- Creativity and originality of presentations Communication of Ideas and Concepts Presentation to Multiple Intelligences Gave Appropriate Demonstrations
- Ability to manage fear through use of the fear model
- Use of effective exercises and progressions Linking of one learning situation to the next Created a Positive Learning Environment Use of Movement Analysis and use of the ATML model and the Freestyle building blocks concepts.
- Use of Feedback Pace; Talk vs. Action
- Understanding/use of Teaching Concepts Understanding/use of Learning Concepts Understanding of Equipment
- Freestyle teaching experience
- Terminology of freestyle snowboarding tricks and features



Movement Analysis Knowledge & Skill

During the exam, you must clearly demonstrate that you are able to see the movements of freestyle riders (including the examiner and general public), present an organized and detailed description, use non-judgmental terminology, and give accurate Cause & Effect. There will also be the opportunity to discuss freestyle movement analysis throughout the specialist process.

Your Movement Analysis Knowledge & Skill will be evaluated using the following concepts:

- Student Profile
- Surroundings and Environment Stance and Alignments
- Rotary Movements Pressure Movements Cause & Effect
- Style vs. Cleanliness of Outcome
- The ATML model

Riding Knowledge & Skill

During the event, you will be asked to ride all types of freestyle terrain features: jumps, boxes, rails, pipes, flatland and natural features and demonstrate creativity in your individual riding style. Demonstrations of maneuvers or freestyle skills should be appropriate for the desired specialization level. The examiner could be watching your riding at any time throughout the process. Environmental and snow conditions will be taken into consideration, and three attempts are given for each task.

Your Riding Knowledge & Skill will be evaluated using the following concepts:

- Professionalism Safety
- The fear model and fear management
- Creativity and originality in use of terrain and features Stance
- Rotary Movements
- Pressure Control Movements Blending of the movements
- Versatility on a variety of park features

Whatever your riding style or experience level, be prepared to show the evaluators what you are capable of. Have fun and show them what your skills will allow you to do (safely!).



Freestyle Specialist 1 Standards

Freestyle Specialist 1 (FS1) is for instructors who are teaching introductory freestyle techniques both inside and outside of the park and want to expand their coaching abilities.

Teaching Ability

The candidate will be able to demonstrate a thorough knowledge of the concepts required to lead a safe and fun introductory terrain park lesson. The instructor should be able to apply the following principles to a freestyle lesson:

- Park Etiquette and Safety
 - Responsibility Code
 - The fear model and fear management
 - Terrain Park Safety (Park Smart)
- Freestyle Specialist 1 Progressions
 - Skill development beginning outside of the park
 - Knowledge of basic park features
 - Ability to teach beginner park lesson with confidence
 - Using ATML and the freestyle building blocks
- Understanding of Reference Alignment concepts and how they apply to beginner park lessons
 - Use of cause and effect to create and deliver effective lessons

Movement Analysis

The candidate should be able to recognize, interpret and communicate riding concepts and apply them to simple freestyle techniques. The candidate should demonstrate knowledge and application of the following concepts:

- Ability to recognize cause and effect relationships with board, body and features
- Effectively tie cause and effect relationships back to reference alignments

Riding Proficiency

The basic freestyle candidate should be able to ride safely in a terrain park environment and demonstrate a variety of fundamental maneuvers on several park features including jumps, rails, boxes, halfpipes, and flatground.

- Halfpipe abilities
 - Show a full run from drop in to finish with flow



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- Consistent amplitude at the top of the transition zone with aerial edge change
- Alley-oop on one wall
- Roll in on both sides of pipe
- Versatility task: air to fakie
- Jump/Air skills
 - Confidently clearing small jumps
 - Straight airs
 - Basic grab/Shifty
 - Basic rotational tricks (180's - frontside and backside) starting in forward stance
 - Straight air on medium jump(s)
 - Versatility task: Straight air on medium jump w/ grab
- Box/Rail riding
 - Riding confidently and effectively through all of the A.T.M.L. zones on "small" boxes
 - Boardslide: frontside or backside
 - Nose press or tail press/"5.0"
 - Versatility task: small rail
- Flatland
 - Showing the ability to manage both pressure and rotation together
 - Showing the ability to manage both the upper and lower body for balance
 - Sliding on the nose and tail of the snowboard whilst creating some pivot



Freestyle Specialist 2 Standards

Freestyle Specialist 2 (FS2) is designed for instructors who take classes into the terrain park on a regular basis and ride confidently and efficiently on a variety of park features.

Teaching Ability

The candidate will use progressions and movement analysis to teach/coach the skills necessary for a rider to pass the Freestyle Specialist 1 riding requirements.

- Park etiquette and safety
 - Responsibility Code
 - The fear model and fear management
 - Terrain Park Safety (Park Smart)
- Freestyle Specialist 2 progressions
 - Skill development inside the park
 - In depth knowledge of all park features
 - Ability to teach the riding requirements outlined for the Freestyle Specialist 1
 - Creative strategies for helping a rider develop their own style
- Understanding of Reference Alignment concepts and how they apply to intermediate park lessons
 - Use of cause and effect to create and deliver effective lessons

Movement Analysis

The candidate should be able to recognize, interpret and communicate riding concepts and apply them to intermediate freestyle techniques. The candidate should demonstrate knowledge and application of the following concepts:

- Ability to recognize cause and effect relationships with board, body and features
- Effectively tie cause and effect relationships back to reference alignments
- Recognize and develop skills necessary to advance a fundamental level rider into intermediate riding tasks.

Riding Proficiency

The Specialist 2 candidate should be able to ride safely in a terrain park environment and demonstrate a variety of basic tricks on several park features including jumps, rails/boxes, halfpipes and flatground.

- Halfpipe abilities
 - Show a full run from drop in to finish with flow and variety of tricks



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- Consistent air at or above the lip of the pipe
- A variety of grabs on both walls
- Basic spins (360s) on both walls with grabs
- Demonstrate ability to begin or finish tricks riding switch stance
- Mid-pipe entrances and exits on both walls (dropping in/rolling out)
- Versatility task: handplant or lip-trick
- Jump/Air skills
 - Demonstrating versatility/air awareness with a grab or shifty, while clearing medium jumps
 - Rotational tricks (180's and 360's) with grabs on medium features
 - Switch takeoffs and/or landings on medium jumps
 - Versatility task: straight air over large jump
- Box/Rail riding
 - Blending pivot and pressure tricks on “medium” box/rail features (gap/urban/down)
 - Showing creativity on a variety of these features
 - Versatility task: combo (foot to foot with rotation)
- Flatland
 - Showing the ability to manage both pressure and rotation with the addition of pop.
 - Showing the ability to changing the direction of rotation throughout a trick
 - Showing the ability to manage balance whilst a trick is stalled out.



Freestyle Specialist 3 Standards

Freestyle Specialist 3 (FS3) recognizes instructors who are dedicated to freestyle in every aspect, riding everywhere in the park and teaching a variety of concepts to any level student.

Teaching Ability

The candidate will use progressions and movement analysis to teach/coach the skills necessary for a rider to pass the Freestyle Specialist 2 riding requirements.

- Park etiquette and safety
 - Responsibility Code
 - The fear model and fear management
 - Terrain Park Safety (Park Smart)
- Freestyle Specialist 3 progressions
 - Skill development in all areas of the park, integrating confidence-building/fear management
 - In depth knowledge of all park features and variety of tactics in their use.
 - Ability to teach the riding requirements outlined for the Freestyle Specialist 2
- Understanding of reference alignment concepts and how they apply to advanced park lessons
 - Use of cause and effect to create and deliver effective lessons
 - Moving outside reference for a variety of freestyle applications

Movement Analysis

The candidate should be able to recognize, interpret and communicate riding concepts and apply this to understanding more difficult tricks. The candidate should demonstrate knowledge and application of the following concepts:

- Ability to recognize cause and effect relationships with board, body and features
- Effectively tie cause and effect relationships back to reference alignments
- Recognize and develop skills necessary to allow a rider to achieve more challenging tricks in higher consequence settings.

Riding Proficiency

The Freestyle Specialist 3 candidate should be able to ride safely in a terrain park environment and demonstrate a variety of complex maneuvers on all park features including jumps, rails/boxes, halfpipes and flatground.

- Halfpipe abilities



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- Show a full run from drop in to finish with flow and variety of direction, tricks and difficulty
- Consistent air well above the lip of the pipe (3ft)
- A variety of grabs with tweaks on both walls
- Rotational movements 360+ on both walls with grabs, including switch takeoffs/landings
- Mid-pipe entrances and exits on both walls (dropping in/rolling out)
- Complete switch runs at or above the lip of the pipe
- Jump/Air skills
 - Confidently clearing large jumps with a variety of grabs
 - Variety of Rotational tricks (180's, 360's, 540's and beyond) with grabs on medium and large jumps, including switch takeoffs/landings
 - Off-axis/inverted trick
- Rail riding
 - Blending pivot and pressure tricks on "large" box/rail features (kinks, curves, closeouts)
 - Showing creativity on a variety of these features, switch options, spinning on/off
- Flatland
 - Showing the ability to appropriately blend rotation, pressure, and pop with flair and creativity.
 - Showing the ability to use these same skills to environmental features like stumps, rollers.
 - Showing the ability to change axis whilst performing flatland tricks like hand drags.



Definition of Features

Please recognize that all parks are different and these are generalizations

Boxes/Rails

Rails can have a variety of these specifications; judgments on size will be determined by examiner

- Small Rails
 - Ride On- Simple, Straight
 - 6' to 12' in length
 - 0 to 24" in height
- Medium Rails
 - Gap on 1' to 3' - Urban, Down, etc.
 - 8' to 20' in length
 - 1' to 4' in height
- Large Rails
 - Gap to rail over 3' - Kinked, Curved, Closeout, etc.
 - 12' to 30' in length
 - 3' or more in height

Jumps

Distances are from lip to knuckle; examiner will assess relative size depending on takeoff/landing angles

- Small Jumps
 - 5' to 10' in length
- Medium Jumps
 - 10' to 30' in length
- Large
 - 25' or more in length