

All Mountain Freestyle Clinic

Clinic Description:

This one-day clinic is a fun and mind opening experience on how to ski/ride the whole mountain with a freestyle view and mentality. This clinic is ideal for anyone wanting to learn about teaching freestyle outside the park.

Participants will learn how to teach freestyle using a variety of terrain and how to incorporate freestyle into their all mountain riding/skiing. This clinic will enhance your alpine/snowboard skill sets by expanding your knowledge of functional movement patterns for specific outcomes. The clinician will help you build your confidence while working through new challenges and ideas, which will deepen your mountain experience and expand your teaching options.

Pre-Requisites:

- Current PSIA-AASI Member
- PSIA-AASI Alpine/Snowboard Level 1 Certification

Course Outcomes:

- Attendees will gain knowledge of freestyle applications in an all-mountain environment
- Attendees will gain knowledge of how to build progressions to enhance teaching
- Attendees will work collectively to help promote learning of new skills
- Attendees will expand their knowledge of freestyle terminology and application in an all-mountain environment

Sample Activities:

- Apply the A.T.M.L. model to various types of terrain
- Build S.A.S.C. (static, active, simple, complex) progressions and explore how different types of terrain can be incorporated into progressions.
- Explore how the application of Speed, POP, and Spin changes in different types of terrain and conditions
- Practice how to safely set up session environments outside the park and how Park Smart is relevant to all mountain snowboarding/skiing