

PSIA



AASI

ROCKY MOUNTAIN DIVISION

Professional Ski Instructors of America
American Association of Snowboard Instructors

Freestyle Specialist 1 Prep Clinic

Course Description:

This clinic is designed to be a preparatory 1 day clinic for the development of skills and understanding needed to attend the Freestyle Specialist 1 assessment (Separate Event). Candidates will be briefed on sample progressions for teaching at the basic level of freestyle, as well as building riding skiing development of freestyle tasks & tricks with specific feedback for further development, with regard to the FS-1 assessment. Movement Analysis and technical understanding will be developed, as well as working through concepts such as S.P.S, ATML, Fear Model, Park Smart, etc in order to build progressions for teaching a freestyle lesson. Members whom do not regularly frequent the terrain parks of their home resorts nor teach inside these venues often, this preparatory clinic is designed for just this scenario.

This is the overall development clinic for members that aspire to attain their FS-1.

Pre-Requisites:

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

Course Outcomes:

- - Candidate will gain knowledge of the ATML model as well as the S.P.S. skill pools.
- - Candidate will gain knowledge of Progression building tools and how to implement them.
- - Candidate will obtain feedback about skiing, teaching and safety knowledge.
- - Candidates will gain knowledge of basic level park & pipe skills and movements

Sample Activities:

- - Speed, P.O.P, Spin, skill pool exercises
- - S.A.S.C. (static, active, simple, complex) progression building tools
- - A.T.M.L. model (approach, take-off, maneuver, landing)
- - Trajectory finding tools



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- - Overall park & pipe etiquette and safety

Materials Needed:

- - Ability to explore unconventional yet effective movement patterns.
- - Sense of humor, we are all here to have fun.