



PSIA-Rocky Mountain- AASI
FREESTYLE SPECIALIST
 Instructor Experience and Skill Development Log



Name: _____

Physical Experience:	Your Signature	Date	Personal Reflection Comments
<i>Terrain Park , Elements Exposure, Movement Patterns Experience</i>			
Hopped and Rotated 90 Degrees (either clockwise or counter-clockwise) from a standing or sliding position			
Intentionally jumped off the snow while on your gear			
Navigated a trail whilst riding "Switch"			
Hiked a Single or multiple features in the terrain park for ease of repetition			
Cultural Experience:	Witness Signature	Date	Personal Reflection Comments
<i>Freestyle Lifestyle Exposure, Media Exposure, Advice/ Local Knowledge discussions.</i>			
Who is your Favorite Freestyle Pro?			
Why?			
What is your favorite industry magazine/ article that is freestyle oriented?			
What is your favorite Freestyle Snowsport Website/ youtube channel?			
Seek out the knowledge of a Freestyle Instructor at your home school.			
Ask some advice regarding the current state of the park.			
Ask about current Speed thresholds, Flow concerns, safety.			
Emotional Experience:	Your Signature	Date	Personal Performance Cue words, Comments, Focus points
<i>Fear Management, Comfort Zone, Performance Curve Exposure</i>			
What feature in the terrain park are the most appealing to you?			
What feature do you try to avoid? Why?			
Describe how you manage your fear in the terrain park.			
Describe the Largest Features in your home mountain terrain park.			
Describe the smallest Features in your home mountain terrain park.			