



**WESTERN
DIVISION**

PSIA-AASI West Freestyle Program

Freestyle Session: Three-Day Course Structure

The National Freestyle Standards will become the Western Division Freestyle Sessions. This will be an event that allows participation by any member of any discipline. The Sessions will be three days with the first two days based on freestyle progression and the third day focused on the teach techniques for freestyle education. The participants will be evaluated during the three days on their proficiencies based on the National Freestyle Standards and be awarded the respective Specialist Certificate or participation certificate. This will allow for the program to be a functional tool for resorts that want to use the Freestyle Session as a way to support their own risk management programs for terrain parks as well as offer all members a pathway towards personal and professional improvement.

Pre-Requisites:

- All Members Welcome (Apprentice through Full Cert)
- All Disciplines Welcome
- Freestyle Worksheet

What will be covered:

- Safety & Risk Management Skills
- National Freestyle Standards Evaluation
- Freestyle Instruction to Coaching Skills
- Personal Skill Progressions

Awarded Freestyle Competencies

- Terrain Park & Pipe Safety Certificate
- Freestyle Level 1 - Introductory Freestyle Instructor
- Freestyle Level 2 - Basic Freestyle Coach
- Freestyle Level 3 - Freestyle Specialist Coach

Freestyle Session: Course Outline

Freestyle Progression Days

- Dynamic Stretching
- Ranges of Motion - On & Off snow
- Outside to Inside Park Approach
- Park SMART
- Etiquette and Flow
- Setting Realistic Goals

Day 1

- Skiing/Riding Skill Development
- Movement Analysis Understanding
- Progressions all Environments
- Freestyle Trick Competency
- Understanding what is needed to Progress

Day 2:

- Skill Advancement
- Session Style Riding
- Peer to Peer Coaching
- MA - Self Analyze
- Achieve riding/skiing goals
- Understand how to be a Successful Coaching

Coaching Skills Evaluation

Day 3:

- Teaching/Coaching Scenario Evaluation
- Movement Analysis Evaluation
- Professional Knowledge Evaluation
- Safety Evaluation
- Awarded Level at Skills Competency

**PSIA-AASI West
Freestyle Specialist Worksheet**

Name:

Date:

Discipline:

Currently Freestyle Level:

This worksheet is help create a baseline of understanding of Terrain Park and Half Pipe Coaching, Safety and Etiquette. These questions are meant to introduce the larger world of Freestyle Professional Knowledge which is expected of a Specialist in the field of FreeSki & Snowboard Freestyle Teaching and Coaching. Please complete these questions prior to the event and have a printed or digital copy available at Day One of the Freestyle Session.

List the five parts of the “Park Smart” Safety Initiative describe how each component helps create a safer learning environment. <http://terrainparksafety.org>

What are three skills that a rider could possess to show that they are ready to start riding safely in a terrain park?

What do you do to manage groups safely in a busy terrain park?

What does the acronym A.T.M.L stand for and what is its purpose in teaching freestyle?

Describe the appropriate zones with “A,T,M,or L” for a jump, rail, and halfpipe.

How does ATML apply to flatland maneuvers?

Describe 4 Ranges of motion used in Freestyle Skiing and Riding.

Explain the importance of S.P.S. when breaking down freestyle maneuvers.

Who is your favorite freestyle snowsports athlete and why?

History question! Where did the term "Cab" come from? Explain what a "Cab" trick is.

What is your favorite freestyle maneuver?

Describe the different sections of the halfpipe.

What are three tactics to help a rider judge speed for a feature?

Describe the vestibular system. What is its importance in Freestyle?

Counter Rotation refers to twisting the body and can be utilized in many ways. Describe 2 ways you could utilize counter rotation movements in performing freestyle maneuvers.