



**WESTERN
DIVISION**

PSIA-AASI West Freestyle Program 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.