

Free Tactics/Snowpark Intro Module



DESCRIPTION

The Free Tactics/Snowpark Intro Module is a one-day program which **trains existing instructors on how to guide their students safely through the easiest park features and how to develop students using open skilled tactics**. For any instructor that has completed the level 1 certification, this module **does not require previous park experience**. This module provides methods of motor skill development using open skilled tactics outside of the snowpark, and ideas to incorporate this approach in all types of lessons. It also provides an introduction to the snowpark environment and covers the basics of snowpark safety and etiquette. Skiing snowpark features is *not* part of this module, but these features will be discussed as teaching outcomes. There is no pass/fail assessment. Participants will earn 10 education credits for participating in this module.

** Please note that helmets are mandatory. All-mountain or twintip skis are highly recommended. NO race skis allowed.**

For comparison, the Snowpark Certification course provides training in teaching park skills to children and adults and covers the teaching and technical aspects of switch skiing, snowpark awareness, boxes/rails and air. Candidates also receive coaching on their skiing and demonstrations with suggestions and strategies for personal development.

SCHEDULE

✦ Registration

✦ On snow (4.5 hrs)

- **Warmup and assessment of terrain and conditions**
 - Warm-up with focus on conditions and environment
 - Physical and cognitive warm-up
- **“Jibbin” basics development tools**
 - Creating and maintaining a safe learning environment
 - Explore technical principles through freeride approach
 - Risk assessment and safety
 - Awareness of natural mountain features vs man made
 - Introduction to an open skilled approach to skill development
 - Switch skiing, 180's, jumping, “buttering”, “jibbing” as teaching tools
 - Using terrain features as teaching tools
 - Targeting specific development with open skilled tactics
- **Introduction to Snowpark**
 - Understanding the snowpark environment
 - Snowpark etiquette and safety
 - Class management and flow of terrain park features
 - Entry level park features progression towards

✦ Indoor (30 min)

- **Debrief**
 - Review of the day's learning objectives and approaches
 - Clarification of open skilled development approach and how it can be incorporated into everyday teaching