



NORTHERN INTERMOUNTAIN DIVISION

FREESTYLE SPECIALIST 1 WORKBOOK

N A M E :

D A T E :

Workbook is due the morning of the on-snow event. If you have questions, please contact your Freestyle Chairperson @ jakebolin@cablone.net

Resources to help you complete this workbook: The Core Concepts manual, Alpine Technical Manual, Snowboard Technical Manual, Freestyle Technical Manual, Park and Pipe Instructor’s Guide, Movement Analysis Handbook

1. List the five parts of the “Park Smart” or “Smart Style Safety Initiative” & describe how each helps create a safer learning environment. terrainparksafety.org

a.



b.

c.

d.

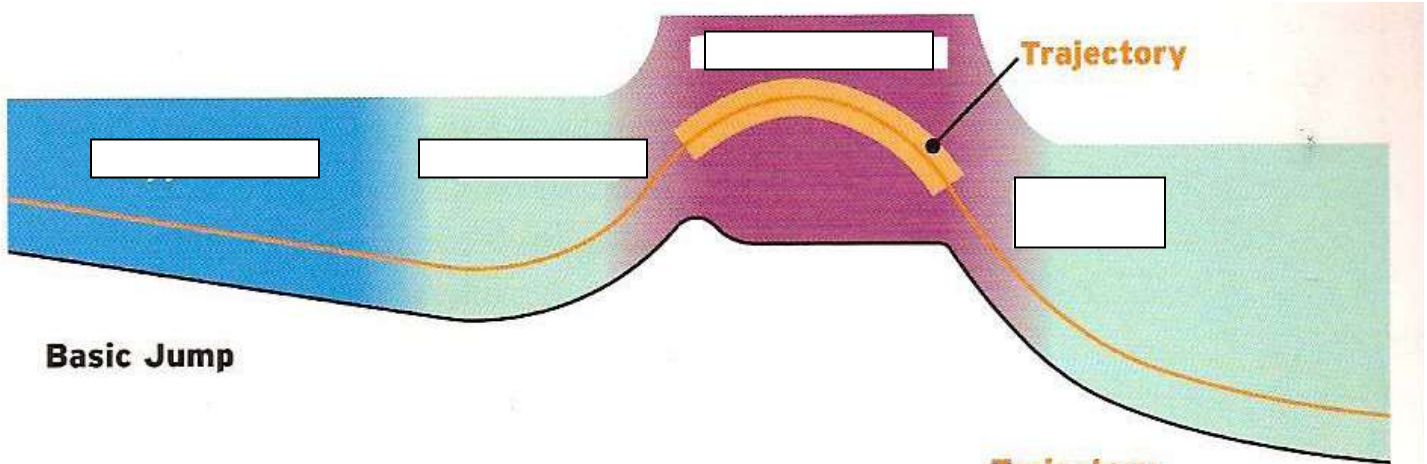
e.

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

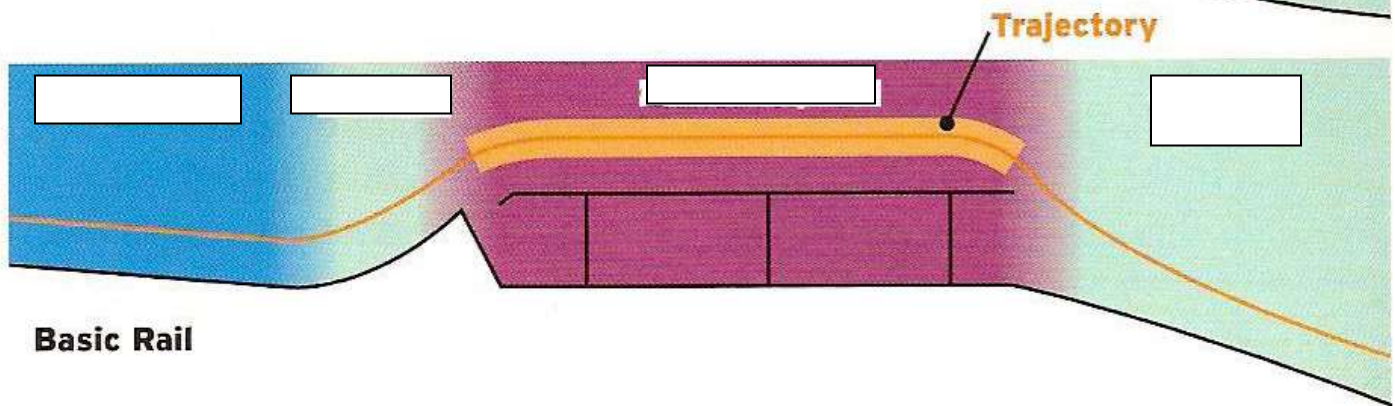
3. What do you do to manage groups safely in a busy terrain park?

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

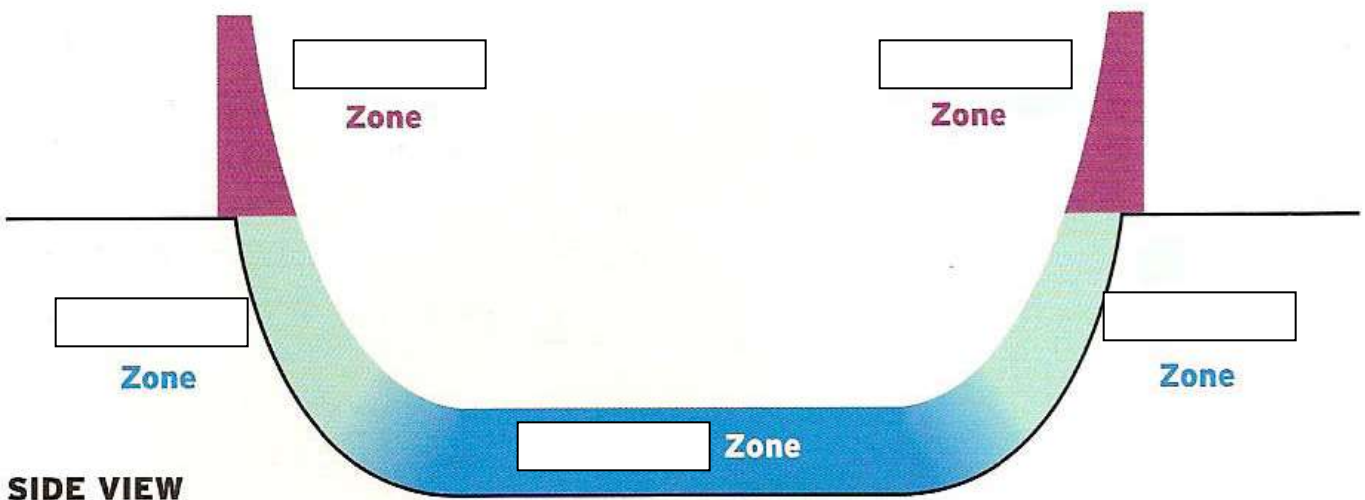
5. Fill in the appropriate zones with "A,T,M,or L" for a jump, rail, and halfpipe.



Basic Jump



Basic Rail



SIDE VIEW

Half Pipe

6. How does ATML apply to flat land maneuvers?

7. Describe 4 Ranges of motion as described in the Park and Pipe Instructor's Guide.

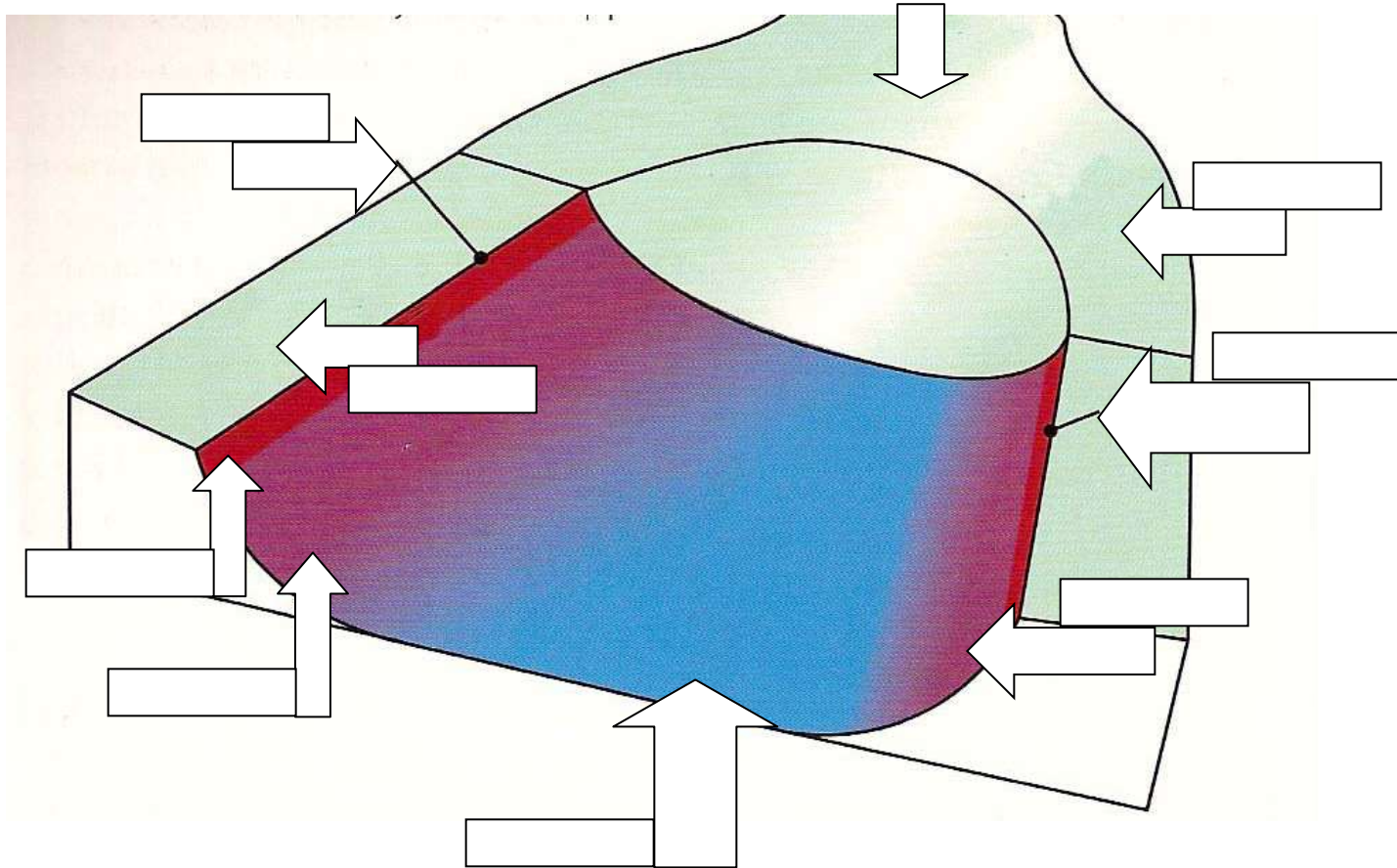
8. Explain the importance of S.P.S. when breaking down freestyle maneuvers.

9. Who is your favorite freestyle snowsports athlete and why?

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

11. What is your favorite freestyle maneuver?

12. Label the different sections of the halfpipe as described in the Park & Pipe Instructor's Guide. Some labels may apply to more than one place.



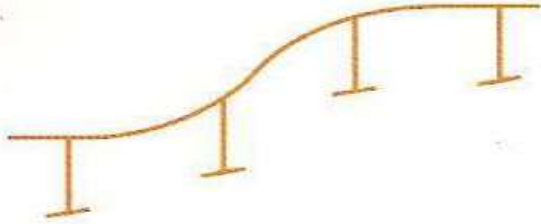
13. What are three tactics to help a rider judge speed for a feature?

14. In other board sports, the terms “switch” and “fakie” have different meanings. Describe the difference.

15. Describe the difference between a Board Slide and a Lip Slide.

16. Describe the vestibular system.

17. In terms of Range of Motion, compare the movements a rider must use to slide to the end of a s-rail and battleship rail feature.



18. Counter Rotation refers to twisting the body and can be utilized in many ways. Describe 3 ways you could utilize counter rotation movements in performing freestyle maneuvers.

ATML Worksheets

Break down freestyle maneuvers in to specific movements used in each phase of the ATML model. It will be helpful to reference specific joints or parts of the body when describing movements. An example would be to “extend the knees in the take-off zone.” Some phases of the ATML model will have more movements than others.

RAIL / BOX

- 50/50
- Boardslide
- Frontside boardslide
- Unnatural boardslide

JUMP / AIR

- Frontside 180
- Backside 180
- Natural 180
- Unnatural 180
- Air with grab
- Shifty

HALFPIPE

- Frontside air
- Backside air
- Left side wall
- Right side air

ATML Worksheet

Name of maneuver/trick:

Approach

Takeoff

Maneuver

Landing

ATML Worksheet

Name of maneuver/trick:

Approach

Takeoff

Maneuver

Landing

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Name of maneuver/trick:

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