

**American Association of Snowboard Instructors
Eastern Division**



**AASI
Freestyle Accreditation**

This document outlines the description and definition of each session as well as the requirements to “pass” each session, to continue to the next, and accomplish full accreditation.

December 2010

Freestyle Accreditation

Fundamental Accreditation Session

The **Fundamental session** is for the instructor who is teaching introductory freestyle techniques both inside and outside the park and wants to expand their abilities as a terrain park instructor. Participants in this session will "pass" this session and be allowed to move onto the Intermediate session if the following skills are demonstrated during the 2 day clinic:

Teaching Ability – To be successful at this level the candidate will be able to demonstrate a thorough knowledge of the concepts required in leading a safe and fun introductory lesson in the terrain park, halfpipe, and naturally occurring terrain features. The instructor should be able to apply the following principles to a freestyle lesson:

- Park Etiquette and Safety
 - Your Responsibility Code
 - Terrain Park Safety – Smart Style
- Introductory Freestyle Methodology
 - Skill Development outside of the park
 - Knowledge of basic park features
 - Ability to teach beginner park lesson with confidence
- Understanding of Reference Alignment concepts and how they apply to beginner park lessons.
 - Use of cause and effect to create and deliver effective lessons

Professional Knowledge – To be successful at this level the candidate will be able to recognize, interpret, and communicate riding concepts and apply them to simple freestyle techniques. The Candidate should demonstrate knowledge and application of the following concepts:

- Ability to recognize cause and effect relationships with board, body and features
- Effectively tie cause and effect relationships back to reference alignments
- Clearly and concisely communicate these necessities to the student

Riding Ability – To be successful at this level the candidate will be able to ride safely in a terrain park environment and demonstrate a variety of fundamental maneuvers on several park features including jumps, rails/boxes, halfpipes and/or flatground.

- Halfpipe Skills
 - Show a full run from drop-in to finish with flow and a variety of tricks
 - Comfortable getting to the lip of the pipe
 - A variety of grabs on both walls
 - Rotation movements(basic spins)
 - Roll-in on both sides of pipe
- Jump/Air Skills
 - Confidently clearing small jumps
 - A variety of grabs
 - Standard flight path airs
 - Basic rotational tricks(180's or 360's) on small features
 - Airs on medium jumps
- Rail/Box Skills
 - Single rotational or pressure movements (boardslide or 50/50) on small features

Intermediate Accreditation Session

The **Intermediate session** is for the instructor who takes classes into the terrain park on a regular basis and rides confidently and efficiently on a variety of park features. Participants in this session will "pass" this session and be allowed to move onto the Advanced session if the following skills are demonstrated during the 2 day clinic:

Note: Until further notice, the Intermediate and Advanced sessions are run as one group concurrently.

Teaching Ability – To be successful at this level the candidate will be able to teach and/or coach, with use of progressions and movement analysis, the skills necessary for a rider to pass the **Fundamental** freestyle riding requirements.

- Park etiquette and safety
 - Your Responsibility Code
 - Terrain park safety – Smart Style
- Intermediate freestyle methodology
 - Skill development inside park
 - In depth knowledge of all park features
 - Ability to teach the riding requirements outlined for the basic freestyle accreditation
- Understanding of reference alignment concepts and how they apply to intermediate park lessons
 - Use of cause and effect to create and deliver effective lessons

Professional Knowledge – To be successful at this level the candidate will be able to recognize, interpret and communicate riding concepts and apply them to intermediate freestyle techniques. The Candidate should demonstrate knowledge and application of the following concepts:

- Ability to recognize cause and effect relationships with board, body and features
- Effectively tie cause and effect relationships to reference alignments
- Recognize and develop skills necessary to advance a Basic rider into Intermediate riding tasks
- Clearly and concisely communicate these necessities to the student

Riding Ability – To be successful at this level the candidate will be able to ride safely in a terrain park environment and demonstrate a variety of fundamental maneuvers on several park features including jumps, rails/boxes, halfpipes and/or flatground.

- Halfpipe Skills
 - Show a full run from drop-in to finish with flow and a variety of tricks
 - Consistent air above the lip of the pipe(1 to 3 feet)
 - A variety of grabs on both walls
 - Airs out of standard flight path
 - Rotational movements on both walls with grabs
 - Demonstrate ability to begin or finish tricks riding switch stance
 - Mid-pipe entrances or exits on both walls(dropping in/rolling out)
- Jump/Air Skills
 - Confidently clearing medium jumps with a variety of grabs
 - Out of standard flight path airs
 - Rotational tricks (180's and 360's) with grabs on medium features
 - Switch takeoffs and/or landings on medium jumps
 - Straight air over large jump
- Rail/Box Skills
 - Blending of two or more movements (rotational and/or fore-aft pressure) on small and medium rails

Advanced Accreditation Session

The **Advanced session** is for the instructor who is dedicated to freestyle in every aspect. The advanced freestyle instructor rides everywhere in the park and can teach a variety of concepts to any level student. Participants in this session will "pass" this session and receive their Freestyle Accreditation if the following skills are demonstrated during the 2 day clinic:

Note: Until further notice, the Intermediate and Advanced sessions are run as one group concurrently.

Teaching Ability – To be successful at this level the candidate will be able to teach and/or coach, with use of progressions and movement analysis, the skills necessary to pass the intermediate riding requirements.

- Park etiquette and safety
 - Your Responsibility Code
 - Terrain park safety – Smart Style
- Advanced freestyle progressions
 - Skill development in all areas of the park
 - In depth knowledge of all park features and variety of tactics in their use
 - Ability to teach the riding requirements outlined for the intermediate freestyle accreditation
- Understanding of reference alignment concepts and how they apply to advanced park lessons
 - Use cause and effect to create and deliver effective lessons

Professional Knowledge – To be successful at this level the candidate will be able to recognize, interpret and communicate riding concepts and apply them to advanced freestyle techniques. The candidate should demonstrate knowledge and application of the following concepts:

- Ability to recognize cause and effect relationships with board, body and features
- Effectively tie cause and effect relationships to reference alignments
- Recognize and develop skills necessary to advance an intermediate rider into advanced riding tasks
- Clearly and concisely communicate these necessities to the student

Riding Ability – To be successful at this level the advanced freestyle candidate will be able to ride safely in a terrain park environment and demonstrate a variety of complex maneuvers on all park features including jumps, rails/boxes, halfpipes and/or flatground.

- Halfpipe Skills
 - Show a full run from drop-in to finish with flow and variety of direction, tricks and difficulty
 - Consistent air above the lip of the pipe at least 3 feet or more
 - A variety of grabs on both walls
 - Airs with body and/or board out of standard flight path
 - Rotational movements beyond 360's on both walls with grabs
 - Demonstrate ability to begin or finish tricks riding switch stance
 - Mid-pipe entrances and exits on both walls (dropping in/rolling out)
 - Drop-in/Roll-in with moderate speed and dynamic movements
 - Complete switch runs at or above the lip of the pipe
- Jump/Air Skills
 - Confidently clearing large jumps with a variety of grabs
 - Moving board and/or body out of standard flight path
 - Variety of rotational tricks (180's, 360's and beyond) with grabs on medium and large features
 - Switch takeoffs and/or landings on medium and large jumps
- Rail/Box Skills
 - Blending of two or more movements(rotational and/or fore-aft pressure) on all rails/boxes

Definition of Features

Please recognize that all parks are different and that these are general guidelines.

Jumps

Distances are from lip to knuckle. Session requirements based on packed powder conditions. Judgments on distance and conditions will be made by Examiner.

- Small Jumps
 - 5' to 10' in length
- Medium Jumps
 - 10' to 30' in length
- Large Jumps
 - 25' or more

Rails/Boxes

Rails can have a variety of these specifications; judgments on size will be made by Examiner.

- Small Rails/Boxes
 - Ride-on
 - 6' to 12' in length
 - 0" to 24" in height
- Medium Rails/Boxes
 - Gap on 1' to 3'
 - 8' to 20' in length
 - 1' to 4' in height
- Large Rails/Boxes
 - Gap over 3'
 - 12' to 30' in length
 - Over 3' in height

Freestyle Accreditation Terminology

Flight Paths

Flight path refers to the trajectory of the rider in the air, on a rail or in the pipe. Standard flight path is when the board and body are moving in the same trajectory. When a rider moves the board out of the standard flight path, it results in a "tweak" or "shifty" movement. When a rider moves the body out of the flight path, it results in a corked, inverted, or other off-axis maneuver when performed during a rotational trick. Please note that flight path is different from alignment; flight path refers to the trajectory through the air and alignment refers to body position relative to the board.

Smart Style

Smart Style was developed by the NSAA (National Ski Area Association) and Burton Snowboards as a way to communicate a terrain park responsibility code. All freestyle instructors should be aware of this program and incorporate these concepts into any park lesson.

- **MAKE A PLAN:** Have a reasonable course of action to achieve your goals.
- **LOOK BEFORE YOU LEAP:** Scope around jumps first, not over them. Know your landings are clear and clear yourself out of the landing area.
- **EASY STYLE IT:** Start small and work your way up. (Inverted aerials not recommended)
- **RESPECT GETS RESPECT:** From the lift line through the park.

**AMERICAN ASSOCIATION OF SNOWBOARD INSTRUCTORS
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