

PSIA - AASI
EASTERN DIVISION
FREESTYLE SPECIALIST 2 WORKBOOK





Freestyle Specialist 2 Workbook

1. List some different features found in a terrain park and how they relate to different ability levels.

2. Describe the characteristics that you look for to determine if a rider is ready for a new task.

3. Compare and contrast flow vs. session style teaching.

4. Describe 3-4 safety considerations for teaching in the park that are separate from managing your students behavior.

5. Describe how you can manage the expectations of parents if you are teaching their kids in the park.

6. Pick one of the following class management challenges and describe how you would handle it.
A) Ability splits, beginners with advanced riders, **B)** Fear splits, some want to go for it, others will barely move,
C) Social splits, don't want to look dumb, think someone is picking on them, won't get involved in conversations,
etc.

7. Name an intermediate/advanced jump maneuver and describe an "outside/in" progression for it.

8. Many freestyle students are teenagers. Using the CAP model, describe what we can expect from this age group.

9. You have a student who is comfortable riding the halfpipe but they can't get above the lip or do any tricks at all in it. Outline how you would get them above the lip and doing a trick or two.

Fill in this ATML worksheet with the intermediate/advanced jump maneuver of your choice.

ATML Worksheet

Maneuver name: _____

<p style="text-align: center;"><u>Approach</u></p> <p><i>Sensory contribution:</i></p> <p><i>Speed:</i></p> <p><i>Pop:</i></p> <p><i>Spin:</i></p>	<p style="text-align: center;"><u>Takeoff</u></p> <p><i>Sensory contribution:</i></p> <p><i>Speed:</i></p> <p><i>Pop</i></p> <p><i>Spin:</i></p>
<p style="text-align: center;"><u>Maneuver</u></p> <p><i>Sensory contribution:</i></p> <p><i>Speed:</i></p> <p><i>Pop:</i></p> <p><i>Spin:</i></p>	<p style="text-align: center;"><u>Landing</u></p> <p><i>Sensory contribution:</i></p> <p><i>Speed:</i></p> <p><i>Pop:</i></p> <p><i>Spin:</i></p>

Fill in this ATML worksheet with the intermediate/advanced box/rail maneuver of your choice.

ATML Worksheet

Maneuver name: _____

<p style="text-align: center;"><u>Approach</u></p> <p><i>Sensory contribution:</i></p> <p><i>Speed:</i></p> <p><i>Pop:</i></p> <p><i>Spin:</i></p>	<p style="text-align: center;"><u>Takeoff</u></p> <p><i>Sensory contribution:</i></p> <p><i>Speed:</i></p> <p><i>Pop</i></p> <p><i>Spin:</i></p>
<p style="text-align: center;"><u>Maneuver</u></p> <p><i>Sensory contribution:</i></p> <p><i>Speed:</i></p> <p><i>Pop:</i></p> <p><i>Spin:</i></p>	<p style="text-align: center;"><u>Landing</u></p> <p><i>Sensory contribution:</i></p> <p><i>Speed:</i></p> <p><i>Pop:</i></p> <p><i>Spin:</i></p>