

PSIA - AASI  
EASTERN DIVISION  
FREESTYLE SPECIALIST 3 WORKBOOK





# Freestyle Specialist 3 Workbook

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

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2. Describe the characteristics that you look for to determine if a rider is ready for a new task. Please cover each part of the CAP model. \_\_\_\_\_

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3. Explain what flow is in a park. Describe class handling options based on the park flow.

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4. Describe 3-4 safety considerations for teaching in the park and how you manage them. Please choose things that are separate/different than student behavior.

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5. Describe strategies for creating a good parent/instructor relationship. \_\_\_\_\_

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6. Pick one of the following class management challenges and describe how you would handle it.  
**A)** Ability splits, intermediates with advanced riders, **B)** Fear splits, some want to go for it, others can't commit to bigger features, **C)** Social splits, unsupportive or over-competitive environment.

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10. Describe how you would safely progress an upper level rider into doing an expert trick off a large jump (multiple spins, off axis, etc.)

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

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12. You have a student who is doing straight airs above the lip in the pipe can't do any spins. Outline how you would get them spinning more than 180's.

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Fill in this ATML worksheet with the advanced/expert 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 advanced/expert halfpipe 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>