

# Free Tactics/Snowpark Intro Module



## DESCRIPTION

The Free Tactics/Snowpark Intro Module is a two-day program which **allow existing instructors to teach using entry level park features**. For any instructor that has completed the level 1 certification, this module **does not require previous snowpark experience**. The training provides a “Free Tactics” approach to skill development, using entry level features, switch skiing and terrain as development tools, and shows how to incorporate this approach in all types of lessons. The training also provides the tools to take students into the terrain park safely and use **entry level features** (flatboxes and air introduction). There is no pass/fail assessment for this module. All participants will earn 10 education credits for completing this module.

\*\*Please note that helmets are mandatory. All-mountain or twintip skis are recommended and race skis should be avoided.\*\*

## SCHEDULE

### DAY 1

- ✦ **Registration**
- ✦ **On snow (4.5 hrs)**
  - **“Free Tactics” Warm-up**
    - Warm-up (physical and cognitive) specific to Snowpark activities
    - Creating and maintaining a safe learning environment
  - **Switch skiing – Entry level**
    - Switch skiing progressions, 180 hops, “buttering”, falling leaf, “jibbing” as teaching tools
  - **Introduction to Snowpark**
    - Understanding the snowpark environment - etiquette and safety
    - Entry level park features - Tables/flatboxes
- ✦ **Indoor (30 min)**
  - **Debrief and workshop (30 minutes)**

### DAY 2

- ✦ **On snow (4.5 hrs)**
  - **“Free Tactics” Warm-up**
    - Warm-up (physical and cognitive) specific to Snowpark activities
    - Creating and maintaining a safe learning environment
  - **Air progression - Entry level**
    - Pops and landings
    - Entry level jumps
  - **“Free Tactics” practice session**
    - Switch skiing, 180 hops, “buttering”, falling leaf, “jibbing” as teaching tools
    - Terrain features and “jibbing” as teaching tools – targeting specific skills