

# Welcome to Skiing and Snowboarding

## Build the Foundation

- ❖ Read over the student's Participant Information Form (PIF), available from Program Leads.
  - Review his/her Progress Reports, if it is not first lesson.
- ❖ Perform a student assessment.
  - Includes, but not limited to, Range of Motion, Balance, Vision, Hearing, Cognitive, Behavioral.
- ❖ Discuss pertinent medical history.
- ❖ Determine and share goals (both for the participant and the instructor).
- ❖ Select, introduce and set- up equipment (see file for fit-ups from a previous season, if applicable).
- ❖ Agree on student/instructor communication and safety.
- ❖ Repeat Range of Motion and Balance assessments as static drills with equipment.

## SNOWBOARD LEVELS

- ❖ **Level 1:** Has never ridden a snowboard before or needs to reinforce some elements (**Beginner**)
  - **Objective:** Student will learn about the equipment, stance, skating, hike, straight glides, heel & toe J turns, getting up on both edges, toe and heel slip, and stopping on both edges
  - **Key Elements**
    - **Movement Concept**
      - **Stance & Balance:** Athletic stance
    - **Performance Concepts:**
      - **Pressure :** 50-50 distribution of weight on front and back feet
      - **Tilt:** Explore basic idea of how the snowboard can tilt between flat base and on edge
      - **Twist:** Introduce twisting the snowboard and practice using lower body movements; use feet independently to twist board, front foot initiates, back foot completes
  - Snowboarding Milestones
    - Skating/walking with equipment
    - Straight glide
- ❖ **Suggested Terrain**
  - **Stevens:**
    - In front of the Tye Creek lodge.
  - **Summit:**
    - Flats in front of the OFA building and near the bottom of Pacific Crest.
    - Bottom of the run, near Little Thunder, by the Magic Carpet.
- ❖ **Level 2:** Can stand up on board, hike, skate, j-turn and stop (**Novice**)
  - **Objective:** Student will learn to change edges, traverse, make C-turns, and use chairlift
  - **Key Elements**
    - **Movement Concepts**
      - **Stance & Balance :** Athletic stance, Centered Body
      - **Flexion/Extension:** Keeping lower body loose to help with balance
    - **Performance Concepts**

- **Pressure:** 50-50 distribution of weight on front and back feet
  - **Tilt:** Maintaining a board on uphill edge to make a traverse
  - **Twist:** Introduce twisting the snowboard and practice using lower body movements; use feet independently to twist board, front foot initiates, back foot completes
- Snowboarding Milestones
    - Gets up after a fall
    - Straight glide with slight direction change
    - Turns to a stop in both directions
    - Loads, unloads and rides chairlift/carpet safely
- ❖ **Suggested Terrain**
    - **Stevens:**
      - “Green” Magic Carpet – on the carpet, on the access run to the carpet.
    - **Summit:**
      - Flats in front of the OFA building and near the bottom of Pacific Crest.
      - Skier’s right of the Magic Carpet.
- ❖ **Level 3:** Student can change edges, traverse, make C-turns, and use chairlift (**Novice**)
    - **Objective:** Student will learn to control speed through liked toe and heel side, skidded turns
    - **Key Elements**
      - **Movement Concepts**
        - **Stance & Balance :** Body moves in direction of new turn
        - **Flexion/Extension:** Changing level with knees in traverses
      - **Performance Concepts**
        - **Pressure:** 50-50 distribution of weight on front and back feet; transferring weight between front and back feet, Transferring weight between heel and toe edges
        - **Tilt:** Explore intensity of edge angle to control speed
        - **Twist:** Twisting board with lead foot to initiate turns. Following through with back foot to complete turns.
    - Snowboarding Milestones
      - Side slipping
      - Falling leaf
      - Toe/heel traverse
- ❖ **Suggested Terrain**
    - **Stevens:**
      - Magic Carpet – left side first, then the right side.
    - **Summit:**
      - Magic Carpet (both sides).
      - Advance to Little Thunder when can stop in both direction (skier’s right – go around the bull wheel). Need to be able to traverse.
      - Possible: Hike a little up Dodge
- ❖ **Level 4:** Can control speed through linked toe and heel side, skidded turns (**Early Intermediate**)
    - **Objective:** Student will learn flexion and extension movements, and gain an understanding of board performance. They will also learn to vary turn shape to control speed.
    - **Key Elements**

- **Movement Concepts**
  - **Stance & Balance** : Body moves in direction of new turn , taking same path as board
  - **Flexion/Extension:** Experiment with flexing during edge change. Experiment with extending at apex of turn
- **Performance Concepts**
  - **Pressure:** Shift Center of Mass to nose at start of turn and CM to tail to finish
  - **Tilt:** Explore how edge angle changes turn shape
  - **Twist:** Using timing and rhythm to keep consistent turn shape
  - **Pivot:** Scissor legs to make direction of board change
- Snowboarding Milestones
  - Speed control through turn shape to match terrain
  - Links round turns in both directions
- ❖ **Suggested Terrain**
  - **Stevens:**
    - Daisy – start by exiting lift to the left, and with practice, exit to the right. Begin with the terrain on skier’s left, then progress to the terrain on skiers right and down the middle of Daisy.
  - **Summit:**
    - Little Thunder, Julie’s.
    - Consider Dodge – make sure it’s well groomed.
- ❖ **Level 5:** Student can use flexion and extension movements, understand board performance, and vary turn shape and control speed (**Intermediate**)
  - **Objective:** Students will learn to carve toe and heel turns and to perfect riding switch
  - **Key Elements**
    - **Movement Concepts**
      - **Stance & Balance** : CM and board begin to take similar but different paths, Orientation and weight distribution of body when riding switch
      - **Flexion/Extension:** Explore range of motion of lower body. Move the legs out from under the core of the body
      - **Rotation:** Lower and upper body separation. Move the hips with the CM
    - **Performance Concepts**
      - **Pressure:** Press on toes and heels rather than standing on entire foot fore & aft movements
      - **Tilt:** Using intensity of edge angle to change turn shape
      - **Twist:** Using timing and rhythm to keep consistent turn shape
      - **Pivot:** Scissor legs to make direction of board change for switch; focus on lack of pivot when carving.
  - Snowboarding Milestones
    - Adjusts balance and stance to changing speed/terrain
    - Carved turns
- ❖ **Suggested Terrain**
  - **Stevens:**
    - Hogsback Chairlift
      - First - Rockin’ Blue, towards skier’s left of the Daisy flats.
      - Progress to – exit chair to the right, and head towards Skyline. Turn right at the bottom on the trail heading back to Hogsback.

➤ **Summit:**

- Little Thunder, Julie's, Dodge, Easy Rider.
- Pacific Crest – only if a very strong Level 5 skier.