

Rider Improvement Program



Name

Date

Snow School

Instructor







Rookie (1)

Terrain : Snow school trail

GOALS:

- Learn to put boots on and them off
- Learn to use the snowboard bindings
- Get used to walking in snowboard boots
- Learn how to stand on the snowboard and practice balancing off and on-snow

COMMENTS:

SKILLS – TECHNICAL

- Can put boots on
- Knows the parts of the board
- Can open and close binding straps
- Knows how to stand on the snowboard to balance

SKILLS – FREERIDE

- Jump 180's (board off)
- Nose and tail presses (not moving)
- Carrying the snowboard



THE NEXT STAGE: Practice balancing while sliding



Fanatic (2)

Terrain : Snow school trail

GOALS:

- Learn about balancing on the snowboard while sliding

SKILLS – TECHNICAL

- Knows his/her own equipment
- Can put feet in the bindings
- Can stand in a balanced position on the board while sliding

SKILLS – FREERIDE

- Small jumps (flat terrain)
- Nose and tail presses (sliding)
- Gliding

COMMENTS:



THE NEXT STAGE: Practice gliding and changing direction



Hooked (3)

Terrain : ●

GOALS:

- Improve comfort while gliding with both feet attached
- Learn to use pivot to get the board to change direction

SKILLS – TECHNICAL

- Straight running
- Can show 3 different positions while straight running
- J-turns

SKILLS – FREERIDE

- Sliding 180's

COMMENTS:



THE NEXT STAGE: Begin to learn about using the edges of the board for speed and direction control



Basics (4)

Terrain : ●

GOALS:

- Learn to use equipment
- Learn to move around on flats
- Develop balance while sliding
- Develop confidence sliding with both feet attached
- Learn to control speed
- Learn to control direction
- Learn to safely use surface lift(s)

SKILLS – TECHNICAL

- Knows the parts of the board
- Can attach the front foot while standing
- Skating
- Straight Running
- Straight Running with toe and heel drag
- Gas Pedal exercise
- Attaching the back foot
- Sideslipping (heelside)
- Sideslipping (toeside)
- Pendulum (heelside)
- Pendulum (toeside)

SKILLS – FREERIDE

- Power Pendulum
- Sliding 180's
- Can get on and off surface lifts (carpet or tow)

COMMENTS:



THE NEXT STAGE: Turning!

- Practice controlling speed and direction
- Learn to turn
- Increase balance and stability
- Safety on the mountain
- Speed control



Turning (5)

Terrain : ●

GOALS:

- Practice controlling speed and direction
- Learn to turn the snowboard
- Increase balance and stability

- Safety on the mountain
- Learn to control speed

SKILLS – TECHNICAL

- Power pendulum on both edges
- Garland exercise
- Heelside turn
- Toeside turn
- Linking heel and toeside turns
- Can use the chairlift
- Crossing between turns
- Turning sequence with vertical motion

SKILLS – FREERIDE

- Controls speed by changing the shape of turns
- Sliding 180's
- Sliding 360's
- Tail Press



THE NEXT STAGE: Explore!

- Develop balance and turning skills
- Practice edge control
- Get comfortable at higher speeds

- Try riding switch
- Learn some new flatland tricks

COMMENTS:



Explore (6)

Terrain : ● ■

GOALS:

- Develop balance and steering skills
- Increase edge control
- Gain comfort at higher speeds

- Experiment with switch riding
- Learn new flatland tricks

SKILLS – TECHNICAL

- Maintains a relaxed body position while riding
- Uses knees and feet to help make smaller turns
- Carved traverses – pencil lines (heel and toeside)

SKILLS – FREERIDE

- Spray snow to sides of the run
- Can make "pencil line" turns
- Can link medium sized turns in varied terrain
- Can link switch turns on flat terrain
- Can perform a nose press and tail press
- Can get air by popping off both feet



THE NEXT STAGE: Shredding!

- Develop edge control skills
- Experiment with bumpy terrain
- Get more comfortable riding faster

- Learn how to ride in variable conditions (ice, powder)
- Learn about Terrain Park safety

COMMENTS:



Shredding (7)

Terrain : ● ■ ◆ ●

GOALS:

- Increase edge control skills
- Experiment with riding in bumpy terrain
- Gain more comfort at higher speeds
- Learn about riding in icy conditions or powder
- Learn about Terrain Park safety

SKILLS – TECHNICAL

- Maintains balance as terrain gets steeper and speed increases
- Performs short radius turns on blue or black slopes
- Can link carved (pencil line) turns on green terrain

SKILLS – FREERIDE

- Links turns at high speeds on blue and/or black terrain
- Absorbs bumps by flexing lower body
- Can adjust body position in powder
- Is not intimidated by icy snow
- Knows Terrain Park safety and etiquette rules
- Can pop off of small jumps
- Can 50-50 on small box
- Can perform 3 flatland tricks

COMMENTS:



THE NEXT STAGE: Ripping!

- Gain confidence in advanced terrain
- Learn to use the snowboard to create performance
- Increase freeride and terrain adaptation skills
- Learn and practice new freestyle tricks



Ripping (8)

Terrain : ● ■ ◆ ●

GOALS:

- Gain confidence in advanced terrain
- Learn to use the snowboard to create performance
- Increase freeride and terrain adaptation skills
- Learn and practice new freestyle tricks

SKILLS – TECHNICAL

- Maintains fluid movements at high speeds while turning
- Edging at the top of the turn (11:00 and 1:00)
- Uses knees and feet to turn the snowboard
- Uses the flex of the board create energy / acceleration

SKILLS – FREERIDE

- Uses "rebound" for performance
- Can link pencil lines (carved turns) at high speeds
- Can switch between sliding and carving turns
- Can turn fluidly in bumpy terrain
- Can turn fluidly between trees
- Can perform an "ollie"
- Can grab the snowboard while in the air
- Can perform a 180's off of a jump

COMMENTS:



THE NEXT STAGE: Your choice : freestylin' or freeriding !



Freestylin' or Freeriding !



IN THE **FREESTYLIN'** STAGE, YOU WILL LEARN TO::

- Gain confidence in freestyle terrain
- Practice park safety and etiquette
- Learn balance in the air
- Learn spins, grabs and rails or boxes



IN THE **FREERIDIN'** STAGE, YOU WILL LEARN TO:

- Gain confidence in all-mountain terrain (bumps, steeps)
- Learn about line selection in off-piste terrain (trees, bumps)
- Increase confidence while carving
- Learn how to create board performance

COMMENTS:



Freestylin' (9)

Terrain : ● ■ ◆ ●

GOALS:

- Gain confidence in freestyle terrain
- Practice park safety and etiquette
- Learn balance in the air
- Learn spins, grabs and rails or boxes

SKILLS – AIRS

- Can grab the board in all four "quarters" of the board
- Can perform airs using coast, pop or "ollie"
- Can perform a "nollie"
- Other: _____

SKILLS – AIRS

- 180's: frontside
- 180's: backside
- 360's: frontside
- 360's: backside
- Switch 180's: frontside
- Switch 180's: backside
- Other: _____

SKILLS – AIRS

- 50-50 on medium box/rail
- Nose press on box/rail
- Tail press on box/rail
- Boardslide: frontside
- Boardslide: backside
- Spins on boxes
- Other: _____

COMMENTS:



THE NEXT STAGE:

- PRIVATE LESSONS: Take your skills to the next level with a private instructor.
- COMPETITION : Test yourself in a slopestyle competition or join a competitive team.
- TEACH OTHERS : Get certified as an instructor and pass on your passion to others.



Freeridin' (10)

Terrain : ● ■ ◆

GOALS:

- Gain confidence in all-mountain terrain (bumps, steeps)
- Learn about line selection in off-piste terrain (trees, bumps)
- Increase confidence while carving
- Learn how to create board performance

SKILLS – «CARVING»

Groomed/smooth terrain

- Can carve in variable slopes
- Can carve at high speeds
- Creates arcs in the path of travel
- Uses inclinaison to lead the snowboard
- Controls the release of the board at the end of the turn
- Directs the board into the next turn using knees and feet

SKILLS – BUMPS, TREES, STEEPS

- Reads terrain to choose a smooth/effective line
- Uses lower joints to absorb terrain features
- Uses pop, Ollie or coast to "double-up" over bumps
- Pumps rollers to gain speed
- Can mix up turn types (small/large, sliding/carving)
- Can get air off of natural terrain features (jumps, drops)



THE NEXT STAGE:

- PRIVATE LESSONS: Take your skills to the next level with a private instructor.
- COMPETITION : Test yourself in a snowboardcross competition or join a competitive team.
- TEACH OTHERS : Get certified as an instructor and pass on your passion to others.

COMMENTS:



