

Ski Coach Level Two - Freeski

Course Outline

Focus

The aim of the course is to develop coaches capable of coaching pipe and park to a performance level. This is achieved through developmental progressions in the given areas, mechanical & tactical understanding of the situations and a high level of participation to improve skills in participants. You will need to be comfortable and have experience in the various terrain situations, fitness to hike the pipe and a helmet for your head. Group and individual safety and protection will be also addressed.

This course is the second step in the pathway of the SSNZ coach. To find more information on this model and the pathway please go to the Snow Sports New Zealand Coaching website www.snowsports-coaching.co.nz

The course is made up of 3 main disciplines including Half Pipe, Slopestyle and Big Air.

Course information

Course dates: 8th – 12th September 2009

Venue: Cardrona

Meeting time and place: 9am outside archway

Equipment:

- Helmet (Mandatory for all days)
- Twin tip ski
- Back protection and hip protection

Day passes: if required, will be available to you at 50% discount at the Skier Services Office. An NZSIA course list will be at the Skier Services office by 8:30am.

Closed Days:

If the mountain is closed gather at the Cardrona town office at 9:00am. An alternative arrangement of another mountain in the region or indoor session will be organised where a full day's content covered. Due to closed or delayed start days, the guidelines may be adjusted to create the best result for the situation. Please have your equipment off the mountain in case another mountain is used.

Further enquiries about this course should be made to the Snow Sports New Zealand Director of Coach and sport development.

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Training schedule

Day One - Jumping

Building safe jumps
Tricks
Inverted tricks
Video Analysis
Trampoline session

Day Two - Rails

Advancing on boxes & rails
Higher rails
Tricks
Video analysis

Day Three - Half Pipe

Half pipe technique
Tricks
Video analysis

Day Four – Half Pipe and Big Air

Advanced riding
Big Air jump technique and tactics
Evening Video analysis exam

Day Five - Assessment

Coaching assessment 30min with a student
Oral exam/technical discussion
6pm presentation of results & certifications

Please Note: This is the basic outline. It may need to be adjusted according to the availability of a Pipe & Terrain Park features.

Assessment

The assessment for this course is made up of four components. Candidates must pass all components to pass the Pipe & Park Coaches Certification.

During the first four days your skiing will be assessed by your trainer. The other components (video analysis, coaching assignment and oral exam) are assessed on the evening of day four and day five of the course.

The course is five days in length. All results are final. Unsuccessful candidates will need to re-sit the 5 day exam.

Skiing	Skiing is assessed internally during the training session	} A min total score of 6 out of 10
Video Analysis	Detection and correction of a rider doing a jump, a rail and Half pipe.	} A min total score of 6 out of 10
Coaching	Candidates are assessed on their ability to coach a student	} A min total score of 6 out of 10
Technical	This is an oral exam which includes manual knowledge and assesses technical understanding	} A min total score of 6 out of 10

Minimum Skiing Standard Required

To pass the skiing requirements the candidate needs to be able to perform the following:

- Overall skiing must be a level six under the NZSIA level system and display good use of ski design and NZSIA mechanics
- Jump a moderately sized table performing a position (grab, spin etc.)
- Get out of the pipe (1/2 metre in height) with position (grab, spin etc.) on both sides
- Slide a 3-4 metre rail in balance
- Able to perform a three off a moderately sized table