

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

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. _____

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

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.

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

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.

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.) _____

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

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.

Fill in this ATML worksheet with the advanced/expert jump maneuver of your choice.

ATML Worksheet

Maneuver name: _____

| | |
|--|---|
| <div><u>Approach</u></div> <div><i>Sensory contribution:</i></div> <div><i>Speed:</i></div> <div><i>Pop:</i></div> <div><i>Spin:</i></div> | <div><u>Takeoff</u></div> <div><i>Sensory contribution:</i></div> <div><i>Speed:</i></div> <div><i>Pop</i></div> <div><i>Spin:</i></div> |
| <div><u>Maneuver</u></div> <div><i>Sensory contribution:</i></div> <div><i>Speed:</i></div> <div><i>Pop:</i></div> <div><i>Spin:</i></div> | <div><u>Landing</u></div> <div><i>Sensory contribution:</i></div> <div><i>Speed:</i></div> <div><i>Pop:</i></div> <div><i>Spin:</i></div> |

Fill in this ATML worksheet with the advanced/expert halfpipe maneuver of your choice.

ATML Worksheet

Maneuver name: _____

| | |
|--|---|
| <div><u>Approach</u></div> <div><i>Sensory contribution:</i></div> <div><i>Speed:</i></div> <div><i>Pop:</i></div> <div><i>Spin:</i></div> | <div><u>Takeoff</u></div> <div><i>Sensory contribution:</i></div> <div><i>Speed:</i></div> <div><i>Pop</i></div> <div><i>Spin:</i></div> |
| <div><u>Maneuver</u></div> <div><i>Sensory contribution:</i></div> <div><i>Speed:</i></div> <div><i>Pop:</i></div> <div><i>Spin:</i></div> | <div><u>Landing</u></div> <div><i>Sensory contribution:</i></div> <div><i>Speed:</i></div> <div><i>Pop:</i></div> <div><i>Spin:</i></div> |