Freestyle Specialist 3 Workbook

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

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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._____

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

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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.

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

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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.

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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.)_____

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

group. _____

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12. You have a student who is doing straight airs above the lip in the pipe can can't do any spins. Outline how you would you get them spinning more than 180's.

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

ATML Worksheet

Maneuver name: _____

Approach	Takeoff
Sensory contribution: *Speed:* *Pop:* *Spin:*	*Sensory contribution:* *Speed*: *Pop* *Spin:*
Maneuver	Landing
Sensory contribution: *Speed*: *Pop:* *Spin:*	*Sensory contribution:* *Speed*: *Pop*: *Spin:*

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

ATML Worksheet

Maneuver name: _____

Approach	Takeoff
Sensory contribution:	*Sensory contribution:*
Speed:	*Speed*:
Pop:	*Pop*
Spin:	*Spin:*
Maneuver	Landing
Sensory contribution:	*Sensory contribution:*
Speed:	*Speed*:
Pop:	*Pop*:
Spin:	*Spin:*

Name: _____   Date: _____