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## NORTHWEST DIVISION

### Alpine Level 2 Teaching Topics

1. Clinic and coach the group a skiing fundamental that highlights performance outcomes that have been most successful in your experience when progressing students from the wedge turn phase through the wedge christie phase.
2. Clinic and coach the group a skiing fundamental, highlighting performance outcomes for a basic parallel skier that have enabled your students' to progress from groomed blue terrain to ungroomed blue terrain and then to the easy black terrain.
3. Clinic and coach the group engaging them in related activities that have been most successful in your experience teaching intermediate zone skier's proper technique and tactics for bump skiing. Demonstrate to the group those activities so they may provide the best possible example for their clients.
4. Clinic and coach the group, engaging them in related activities that have been most successful in your experience teaching intermediate zone parallel skiers how to ski powder or basic crud conditions.
5. Clinic and coach the group an approach you would use to introduce rhythm change turns to an intermediate zone parallel skier. Demonstrate to the group those activities so they may provide the best possible example for their clients.
6. Clinic and coach the group tactics and technique for steeper terrain, taking into account varying conditions, to develop clients that ski in a parallel relationship. Demonstrate to the group those activities so they may provide the best possible example for their clients.
7. Clinic and coach the group a skiing fundamental that highlights performance outcomes that have been most successful in your experience progressing students from the wedge christie phase into a beginning parallel phase.
8. Clinic and coach the group an approach you would use to introduce an intermediate parallel skier to develop a more active use of ski design for carving. Demonstrate to the group those activities so they may provide the best possible example for their clients.
9. Clinic and coach the group, engaging them in performance outcomes that will expand a parallel skier's movement patterns and understanding of technique and tactics through pivoting and steering.



## Snowboard Level 2 Teaching Topics

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DIVISION**

The following topics are typical teaching scenarios encountered daily. Be prepared to clinic your peers on any of these topics and have the ability to modify these topics to include age and gender information. Remember to use timing, intensity duration (TID bits), compliment, analyze, goal, exercise (CAGE) during the teaching segments.

1. Basic turns to linked turns
2. Improve transition from heel-side to toe-side turns and toe-side to heel-side
3. Dynamic skidded turns to basic carved turns
4. Linked skidded turns to dynamic skidded turns
5. Basic bump riding
6. Introduction to switch riding
7. Surface 360's
8. Skidded turns
9. Skidded turns to children
10. Session through the park
11. Introduction to the halfpipe