



Break into 2 groups, pick a Fundamental Mechanic:

- Choose 1-2 exercises/drills each: “at home”, stationary on snow and on the slopes (“riding”)
- Exercises/drills will develop appropriate body movements specific to each of the FUNDAMENTAL MECHANICS of snowboarding
- Use the senses to help describe in simple terms and demonstrate these exercises/drills to your peers
- Share exercises/drills, body movements and sensory cues to your entire peer group

**NORTHWEST
DIVISION**

Manage the board’s pivot through flexion/extension/rotation of lower body, together with, separate from, or in opposition to the upper body

At Home	Stationary, On Snow	On the Slopes, Riding
<i>Activity:</i>	<i>Activity:</i>	<i>Activity:</i>
<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>
<i>Activity:</i>	<i>Activity:</i>	<i>Activity:</i>
<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>

Manage edge angles through a combination of inclination and angulation

At Home	Stationary, On Snow	On the Slopes, Riding
<i>Activity:</i>	<i>Activity:</i>	<i>Activity:</i>
<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>
<i>Activity:</i>	<i>Activity:</i>	<i>Activity:</i>
<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>

Manage torsional flex of the board using independent or simultaneous flexion/extension of lower body joints

At Home	Stationary, On Snow	On the Slopes, Riding
<i>Activity:</i>	<i>Activity:</i>	<i>Activity:</i>
<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>
<i>Activity:</i>	<i>Activity:</i>	<i>Activity:</i>
<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>

Manage the relationship of the center of mass (CM) to the base of support (BOS) to direct pressure along the length of the board

At Home	Stationary, On Snow	On the Slopes, Riding
<i>Activity:</i>	<i>Activity:</i>	<i>Activity:</i>
<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>
<i>Activity:</i>	<i>Activity:</i>	<i>Activity:</i>
<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>

Manage the relationship of the center of mass (CM) to the base of support (BOS) laterally to direct pressure across the width of the board

At Home	Stationary, On Snow	On the Slopes, Riding
<i>Activity:</i>	<i>Activity:</i>	<i>Activity:</i>
<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>
<i>Activity:</i>	<i>Activity:</i>	<i>Activity:</i>
<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>

Regulate magnitude of pressure created through board/surface interaction

At Home	Stationary, On Snow	On the Slopes, Riding
<i>Activity:</i>	<i>Activity:</i>	<i>Activity:</i>
<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>
<i>Activity:</i>	<i>Activity:</i>	<i>Activity:</i>
<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>	<i>Describe see, hear, feel:</i>