



## **October Zoom Training:**

### Standards Updates

During this session we will go over any of the changes to standards, and dig into what it means as we share this information out to our staff and the membership. Also, if assessment form updates are available they will be shared during this time too.

## **November Zoom Training:**

### Prep for on snow & any additional Standards Updates

During these sessions we will build on the topics that will be on snow, answers any questions, and share any additional updates to the standards or the assessment forms in preparation for exams.

## **December Training:**

### Fundamental based ski/ride improvement

This on snow training will be focused on skiing, or snowboarding, performance through the lens of the fundamentals. We will explore terrain and zones from the beginner through advanced, working our own on snow performance, and developing how we can do the same with our snowsports school staff as well. Let's get our feet back underneath us, gain feedback, and focus on how to help our staff do the same.

## **January Training:**

### Teaching objectives

This training will emphasize the different types of teaching focused objectives we deal with in the snowsports profession. From the first-time, walk-up students, to members preparing for, and taking an exam, we will work through how the understanding and application of strategies work in different situations.

## **February Training:**

### Fundamental based technical understanding

Building on the December topic, this training will be about a deeper understanding of the fundamentals. How duration, intensity, rate and timing (DIRT), or timing, intensity and duration (TID) applies to the fundamentals in different tasks and tactics. Moving through the beginner to advanced zone to ensure we have applicable information to continue in our training with our snowsports school staff.



## **March Training:**

### Fundamental based movement analysis tactics

Continuing with the focuses from the December and February topics, this training will be about movement analysis strategies and how the fundamentals and skills are the basis of the cause and effect relationship when looking at performance outcomes in skiing and riding, from beginner to advanced.

## **April Training:**

Friday – People Skills Review

Saturday – Teaching Skills Review

Sunday – Technical Skills Review