



ROCKY MOUNTAIN

Title

Snowboarding 401 Trainer Workshop

Duration (Hours/CEUs)

1 or Days / 6 or 12 CEUs

Learning Connection Highlight

Technical Skills, Teaching Skills, People Skills

Course Description

This 1 or 2-day clinic is your opportunity to review information relative to the Snowboard Trainer assessment across MA, Teaching, and Riding elements. These are participant driven sessions - come prepared with specific criteria you're looking to develop or seek feedback on! Trainer Workshops may include tasks, progressions, skills, and learnings from any level of certification, on any exam terrain, forward or switch. Your clinician will work with the group to determine specific goals and skills to develop based on participants' needs, available terrain and features, and snow/weather conditions.

Clinic & Presentation Skills: This clinic will workshop Clinic and Presentation skills at the Trainer level. The workshop is designed to introduce you to the Trainer standard and develop clinic and presentation skills through pre-work, on-snow practice, feedback, and self-assessment. Clinic & Presentation 401 Trainer Workshop counts as a pre-requisite for the Snowboard Trainer exam and will help you learn where to focus your training as a candidate or trainer at your resort.

MA & Tech Skills: This clinic will workshop Movement Analysis and Technical skills at the Snowboard Trainer level. The workshop is designed to introduce you to the Rocky Mountain Trainer standard and develop MA and Technical skills through pre-work, on-snow practice, feedback, and self-assessment. MA & Tech 401 Trainer Workshop counts as a pre-requisite for the Snowboard Trainer exam and will help you learn where to focus your training as a Snowboard Trainer candidate or trainer at your resort.



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Riding Skills: This clinic will workshop Riding skills at the Snowboard Trainer level. The workshop is designed to introduce you to the Snowboard Trainer standard and develop your riding through pre-work, on-snow practice, feedback, and self-assessment. Ride 401 Trainer Workshop counts as a prerequisite for the Snowboard Trainer exam and will help you learn where to focus your training as a Snowboard Trainer candidate or trainer at your resort.

Recommended Preparatory Learning or Prerequisites

- Complete the Snowboard Trainer Clinic & Presentation 401 Clinic Builder clinic outline (available at PSIA-RM.org), and come prepared to present your clinic on snow.
- Come prepared with at least one video on your phone of a rider that you are familiar with and can talk to changes they have made or are working on.
- Come prepared with documented feedback (written, videos, text messages, etc) of at least two specific riding tasks. This could be from a trainer you're working with, a peer or supervisor or manager, or with your own self-assessment.
- Participants should have experience working with advanced students and be actively training towards their Level 3 Certification.
- These are participant driven sessions - come prepared with specific criteria you're looking to develop or seek feedback on!

Prerequisite Course(s) and Skills

- Snowboard Level 3 Certification
- Snowboard Level 2 Certified with Letter of Recommendation from Ski School Director / Training Manager

Learning Outcomes

- Participants will gain a clearer picture of the movements and skills that can be developed to move towards attaining the Snowboard Trainer riding standard.
- Participants will gain a clearer picture of their ability to observe, describe and analyze board performance and body movements of peer instructors.
- Participants will gain a clearer picture of their ability to deliver prepared and impromptu clinics.



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Learning Experiences

- Observe the clinic leader analyze riding performance of participants.
- Clinic Leader provides guided practice for participants analyzing riding performance of a peer performing a predetermined instructor-level riding task from the *National Riding Activity List*.
- Clinic leader provides guided practice for participants comparing their riding performance of a predetermined instructor-level riding task with the desired performance.
- Deliver your prepared clinic and receive feedback from clinic leader and peers.
- Clinic leader provides participants opportunities to deliver impromptu clinics on assigned topics.
- Discussions, reflections of analyses, and exploration of technical topics as needed.

Materials/Equipment needed

- Appropriate riding gear to be on snow both days
- Helmets are required