

Advanced Club Coach Modules

The Advanced Club Modules are designed to provide a deeper scope of technical learning for club level athletes and teach the new Freestylerz Program.

Technical Ski Module 1:

Goal: Developing excellent freeskiing skills on groomed terrain and a basic knowledge of skiing mechanics.

Equipment: Helmet, tuned skis

Performance Expectations: Two days of hard skiing, comfortable with dynamic parallel on black terrain.

Prerequisites: CFSA membership license

Equivalents: CSIA level 2, CSCF certified entry-level coach can apply for coach competency evaluation. (A fee applies)

How to Find a Course: Contact local PSO

Recommended Cost: \$225

Number of Days: 2

Technical Ski Module 2:

Goal: Introduced competitive style Mogul skiing skills in wave and Moguls, also introducing jumping in the Moguls.

Equipment: Helmet, recommended tuned narrow straight skis (under 95 mm underfoot)

Performance Expectations: Comfortable with advanced carved turns on black and off-piste terrain. Candidates must be able to carve in moguls by the end of the course)

Prerequisites: TSM 1, CSIA level 2, CSCF Entry level coach, CFSA membership license

Equivalents: None

How to Find a Course: Contact local PSO

Recommended Cost: \$225

Number of Days: 2

Park and Halfpipe Module:

Goal: Upon completion should be able to coach forward and switch spins in the Terrain Park up to 540 with a variety of take-offs and landings. A variety of techniques of Rails and Boxes, Halfpipe skills up to spinning 540s in both directions. Safety and Park Etiquette will be covered.

Equipment: Helmet, recommended tuned twin tip/park skis. Functioning bindings and ski brakes are required.

Performance Expectations: Proficient riding in Halfpipe - able to maintain consistent speed, and amplitude above the coping. Attempting 6 different types of rotation on an entry-level jump. Slide a variety of boxes and rails with varying technique. Candidates will be expected to demonstrate coaching skills.

Prerequisites: Club Coach, CFSA membership license

Equivalents: None

How to Find a Course: Contact local PSO

Recommended Cost: \$325

Air Module 1: (Basic Acrobatics on Trampoline)

Goal: Introduce acrobatic/gymnastic foundational skills.

Equipment: Comfortable athletic clothing – full legs – no jeans.

Performance expectations: Demonstrate basic uprights, hand, front knee, seat drop, and spotting introductory inverts.

Prerequisites: CFSA membership license

Equivalents: Gymnastics Canada Tramp 1

How to Find a Course: Contact local PSO

Recommended Cost: \$225

Number of Days: 2

Air Module 2: (Advanced Acrobatics on Trampoline)

Goal: Teach advanced acrobatics/gymnastic skills up to twisting singles

Equipment: Comfortable athletic clothing with full legs – no jeans.

Performance Expectations: Understand basic tramp acrobatic mechanics and invert progressions. Are able to handspot athletes on trampoline up to front and back salto tuck position prior to workshop. Candidates will be asked to attempt inverted manoeuvre progressions, demonstrate knowledge of moves and progressions through coaching.

Prerequisites: Air 1 or Gymnastics Tramp 1, CFSA membership license

Equivalents: Gymnastics Canada Tramp 2 + update + evaluation

How to Find a Course: Contact local PSO

Recommended Cost: \$225

Number of Days: 2