THE snow centre

Junior Snowboarder Learning Journey

Working on

Mastered

Level 1 Beginner

I understand my equipment and slope etiquette
I've tried some one foot skills
I have started to develop balance and posture
I can do a heel edge side slip without assistance
I can do a toe edge side slip without assistance

Repeat Level 1
Completed Level 1
Instructor Initials
Date

Comments

Level 2 Movement and Change of Direction

Re-cap Skills from Level 1
Using balance and posture to change direction
I can make a toe edge diagonal side slip to the left and right
I can make a heel edge diagonal side slip to the left and right
I can change my direction and control my speed on either edge with no assistance

Repeat Level 2
Completed Level 2
Instructor Initials
Date

Comments

Level 3 Basic Turns

Re-cap Skills from Level 2
I can turn from toe edge to heel edge
I can turn from heel edge to toe edge
I can one foot ride the Trainer Slope Lift
I can consistently make basic turns from the top of the Trainer Slope

Repeat Level 3
Completed Level 3
Instructor Initials
Date

Comments

Level 4 Linking Turns

Re-cap skills from Level 3
Introduction to linked turns
I have been shown how to use the button lift
I am aware of the Main Slope Safety Code (PTO)
I have snowboarded from the top of the Main Slope

Repeat Level 4
Completed Level 4
Instructor Initials
Date

Comments

Level 5 Main Slope Confidence

Re-cap Skills from Level 4
I am confident using the Main Slope Lift
I have tried variable conditions
I am improving Snowboard technique
I can control speed & direction, perform controlled linked turns and stop when required

Repeat Level 5
Completed Level 5
Instructor Initials
Date

Comments

Level 6 Advancing to Coaching

Re-cap Skills from Level 5
I can vary my turn shape and size
I am working on switch snowboarding
I am working on developing my posture
I am working on dynamic snowboarding

Repeat Level 6
Completed Level 6
Instructor Initials
Date

Comments

Skills Development Coaching

I am already comfortable on the Main Slope. Now it is time to develop my snowboarding even more.

Your coaches will now guide you and give you the tools to better your snowboarding in whichever area you desire, whether that be posture, types of steering, varied turns shape, riding switch or flatland Freestyle.

Enjoy becoming a more accomplished, all rounded rider.

Comments

Freestyle Coaching

I'm an advanced Snowboarder and I have joined Skills Development Coaching or spent time some time practising flatland skills. I want to progress to landing tricks on my snowboard both on and off the features.
Visit thesnowcentre.com to find out more.

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HEMEL HEMPSTEAD