岩SNOW CENTICE ADULT SNOWBOARDER LEARNING JOURNEY Skills Development Coaching I am already comfortable on the Main Slope. Now it is time **Level 1 Beginner Level 6 Advancing to Coaching** to develop my snowboarding even more. I understand my equipment and slope etiquette Re-cap skills from Level 5 Your coaches will now quide you and give you the tools I've tried some one footed skills I can vary my turn shape and size to better your snowboarding in whichever area you I have started to develop balance and posture I am working on switch snowboarding desire, whether that be posture, types of steering, varied I can do a heel edge side slip without assistance I am working on developing my posture turn shapes, riding switch or flatland Freestyle. I can do a toe edge side slip without assistance I am working on dynamic snowboarding Enjoy becoming a more accomplished, all rounded rider. Working Repeat Level 6 Repeat Level 1 Comments Comments Completed Level 6 Completed Level 1 Instructor Initials Instructor Initials Date Date Level 5 Main Slope Confidence **Level 2 Movement and Change of Direction** Re-cap Skills from Level 4 Re-cap Skills from Level 1 I am confident using the Main Slope Lift I can use balance and posture to change direction I have tried variable conditions I can make a toe edge diagonal side slip to the left and right Lam improving Snowboard technique I can make a heel edge diagonal side slip to the left and right I can control speed & direction, perform controlled linked I can change my direction and control my speed on either edge turns and stop when required with no assistance. Comments Comments Repeat Level 5 Repeat Level 2 Pathway To Freestyle Coaching Completed Level 5 Completed Level 2 I'm an advanced Snowboarder or I have completed Instructor Initials Instructor Initials Level 6 Advancing to Coaching. I want to progress to Date landing tricks on my snowboard. **Freestyle Development Coaching Level 3 Basic Turns** I've spent some time practising flatland skills and Level 4 Linking Turns Re-cap Skills from Level 2 have mastered some tricks on the smaller ride-on Re-cap skills from Level 3 I can turn from toe edge to heel edge features. I have been introduced to to linked turns I can turn from heel edge to toe edge I have been shown how to use the button lift I can one foot ride the Trainer Slope Lift I am aware of the Main Slope Safety Code (PTO) I can consistently make basic turns from the top of the I can confidently use the Main Slope from half way **Trainer Slope** Comments Comments Repeat Level 3 Repeat Level 4

Completed Level 4

Instructor Initials

Completed Level 3

Instructor Initials

Date

