THE snow centre

JUNIOR **SNOWBOARDER** LEARNING JOURNEY

Working on

Mastered

Level 1a 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 with some assistance
I can do a toe edge side slip with some assistance

Completed Level 1a
Instructor Initials
Date

Comments

Level 1b Control of Speed

Re-cap Skills from Level 1a
I can do a heel edge side slip without assistance
I can do a toe edge side slip without assistance
I am developing balance and posture
I am confident controlling my speed

Repeat Level 1b
Completed Level 1b
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 can confidently use the Main Slope from half way

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

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

Pathway To Freestyle Coaching

I'm an advanced Snowboarder or I have completed Level 6 Advancing to Coaching. I want to progress to landing tricks on my snowboard.

Freestyle Development Coaching

I've spent some time practising flatland skills and have mastered some tricks on the smaller ride-on features.

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HEMEL HEMPSTEAD