

PARK INSTRUCTOR LEVEL 1 - AGENDA

DAY ONE

- 8:30 - 9:00 a.m. Registration & Introductions
- 9:00 - 11:30 a.m. Warm-up
 - Park Etiquette & Safety Discussion
 - The Core Competencies in Freestyle Snowboarding
- 11:30 - 12:30 p.m. *Lunch*
- 12:30 - 1:30 p.m. The Core Competencies in Freestyle Snowboarding (Continued)
- 1:30 - 3:00 p.m. Teaching Freestyle Fundamentals (with teaching practice)
- 3:00 - 3:30 p.m. Daily Review & Evaluation

DAY TWO

- 8:30 - 9:00 a.m. Registration Teaching Retests
- 9:00 - 11:30 a.m. Warm-Up
 - Teaching Freestyle Fundamentals (continued)
- 11:30 a.m. - 12:30 p.m. *Lunch*
- 12:30 - 3:00 p.m. Teaching Freestyle Fundamentals (continued)
- 3:00 - 3:30 p.m. Daily Review & Evaluation

DAY THREE

- 8:30 - 9:00 a.m. Registration Riding Retests
- 9:00 - 11:30 a.m. Teaching Beyond the Fundamentals: Progression Building
- 11:30 a.m. - 12:30 p.m. *Lunch*
- 12:30 - 3:00 p.m. Teaching Beyond the Fundamentals: Progression Building
- 3:00 - 3:30 p.m. Course Evaluation & Results

- Due to various mountain conditions, times may vary.
- To ensure that the course runs smoothly students should arrive 10 minutes before the above times.
- The wearing of helmets is mandatory on all CASI courses.