

UKCP PARK & PIPE LEVEL 1

Course Programme

The UKCP Coach Level 1 course is designed for those who seek to work as an assistant coach with children (specifically 5 -12 years old) and entry standard competitors within the Olympic events of snowboarding and freeski (slopestyle and half-pipe).

The course aim is to provide you with the coaching methods required to coach and inspire young athletes.

The course programme includes two theory modules in the classroom and a practical application session on the slope. You will be provided with your UKCP workbook at the start of the course. This is a great tool for future reference, take notes throughout the course and be sure to note down any new ideas for later use.

As on all UKCP courses there is a full programme of training. It is your responsibility to adequately prepare yourself mentally and physically for this programme.

Trainers are selected by Snowsport England for their expertise in snowsport, teaching and communication. Every trainer is highly experienced and is equipped to offer the best possible training and support. Our aim is to assist you to gain the maximum from the training. Your trainer will act as your guide throughout the course. Elements of the course will be challenging and sometimes difficult. Nevertheless, please remember that you have a dedicated team supporting you and your success is our success. Don't be afraid to ask lots of questions.

Recommended Equipment

All students must provide their own equipment for the coaching course. It may be possible to hire at the venue or in resort, but you must make sure suitable equipment is available for hire before arriving at the venue. It is your responsibility to make sure that you have equipment suitable for the course you are attending.

For UKCP Coach Level 1 Freeski

We recommend twin tips and freestyle boots and any ski that will allow you to ski switch (backwards) and perform the course assessment standard.

Helmets are compulsory during all activities. Clothing and presentation should reflect the role model status of a coach.

For UKCP Coach Level 1 Snowboard

We recommend a freestyle board and soft boots and any board that will allow you to perform to the course assessment standard.

Helmets are compulsory during all activities. Clothing and presentation should reflect the role model status of a coach.

UKCP Freeski Level 1 Licensed Status

Students are assessed on their ability to coach and perform the following tricks:

- ski switch confidently (backwards)
- slide a box 50/50
- side a box 90°
- jump straight air on a box/jump of 4-7m
- complete a grab on a straight air jump
- complete 180° on small jump

The assessment and standard of execution are measured against the skill acquisition model presented on day two of the course. Your trainer will ensure that you have a good understanding of your ability in relation to the criteria.

Your coaching sessions will be assessed on day three, so make sure that you use the coaching episodes on day two to gain experience and a clear understanding of good coaching. You are not expected to be excellent coaches immediately, but be able to demonstrate that you can apply the principles that you will be shown on the first two days and be able to reflect on your performance (with the help of the trainer).

UKCP Snowboard Level 1 Licensed Status

Students are assessed on their ability to coach and perform the following tricks:

- Carve cleanly linked turns on blue terrain
- Ride switch confidently (backwards) linking turns
- Perform ollies showing good height
- Slide a box 50/50
- Jump straight air on a box/jump of 4-7m
- Perform accurate 180° jumps on the slope

The assessment and standard of execution are measured against the skill acquisition model presented on day two of the course. Your trainer will ensure that you have a good understanding of your ability in relation to the criteria.

Your coaching sessions will be assessed on day three, so make sure that you use the coaching episodes on day two to gain experience and a clear understanding of good coaching. You are not expected to be excellent coaches immediately, but be able to demonstrate that you can apply the principles that you will be shown on the first two days and be able to reflect on your performance (with the help of the trainer).