

UK SNOWSPORT PARK & PIPE CLUB PERFORMANCE COACH (LEVEL 2)

Course Programme

This Coach course is designed for those who seek to work as an assistant coach with athletes in the Under 18 age category within the Olympic events of snowboarding and freeski (slopestyle and half-pipe). The Level 2 Coach is able to operate independently in the UK and abroad as part of a club programme that is led by a Level 3 Licensed Coach. The course is very practical with candidates taking part in a number of activities.

This course builds on foundations laid in the Foundation Performance (Level 1) to further develop you as a coach working in a wider environment.

The course is blended with plenty of on hill learning and theory sessions. You will be provided with your 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 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 Coach Level 2 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 Coach Level 2 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.

You may wish to use further Personal Protection Equipment like impact shorts and back protectors.

Freeski Level 2 Licensed Status

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

- Able to cleanly link carved turns on steep red terrain
- Able to ride switch linking turns on red terrain
- Left or Right 360 landing cleanly & accurately on a 5-10m kicker.
- Complete 3 of 4 180's showing solid posture & control on a 5-10m kicker
- Drop in & air out of each wall of the halfpipe in control & good technique
- Be able to complete 3 of 4 of the following tricks on a medium rail / box - Left on, right on, left on switch out, right on switch out

The assessment and standard of execution are measured against the skill acquisition model presented during 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, so make sure that you use the coaching episodes to gain experience and a clear understanding of good coaching. You are expected to be able to deliver safe, enjoyable sessions with progression.

Snowboard Level 2 Licensed Status

- Students are assessed on their ability to coach and perform the following tricks:
- Able to cleanly link carved turns on steep red terrain
- Able to ride switch linking turns on red terrain
- FS or BS 360 landing cleanly & accurately on a 5-10m kicker.
- Complete 3 of 4 180's showing solid posture & control on a 5-10m kicker
- Drop in & air out of each wall of the halfpipe in control & good technique
- Be able to complete 3 of 4 of the following tricks on a medium rail / box - BS boardslide, FS boardslide, BS boardslide to fakie, FS boardslide to fakie

The assessment and standard of execution are measured against the skill acquisition model presented during 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, so make sure that you use the coaching episodes to gain experience and a clear understanding of good coaching. You are expected to be able to deliver safe, enjoyable sessions with progression.

Although at this level we don't expect every coach to be better than their athletes we know that the coach being able to understand the mechanics and emotions of doing the tricks facilitates them in building relationships with their athletes.

