

JUNIOR SNOWBOARDER

LEARNING JOURNEY



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

REPEAT

COMPLETED

INSTRUCTOR

DATE

Comments

WORKING ON IT LOCKED IN

LEVEL 1B - CONTROL OF SPEED

- Recap 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 can safely descend the Lesson Slope
- I am confident controlling my speed

REPEAT

COMPLETED

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LEVEL 2 - MOVEMENT AND CHANGE OF DIRECTION

- Recap skills from Level 1
- I can use weight-shift to change direction
- I can toe edge diagonal side slip to the left and right
- I can heel edge diagonal side slip to the left and right
- I am starting to steer my board steeper down the slope and back
- I can change my direction and control my speed on either edge with no assistance
- I can use the Lesson Slope lift (The Magic Carpet)

REPEAT

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LEVEL 5 - MAIN SLOPE CONFIDENCE

- Recap Skills from Level 4
- I am competent using the Main Slope button lift
- I am starting to make adjustments for varying terrain
- I am starting to link turns on the upper part of the Main Slope
- I can safely descend from the top of the Main Slope
- I can control speed & direction, perform controlled linked turns and stop when required

REPEAT

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LEVEL 4 - LINKING TURNS

- Recap skills from Level 3
- I have been shown how to use the Main Slope button lift
- I have been introduced to linked turns by travelling diagonally across the slope
- I am aware of the Slope Code of Conduct
- I can Snowboard on the lower part of the Main Slope

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LEVEL 3 - BASIC TURNS

- Recap Skills from Level 2
- I can steer down the slope & back across on the same edge (Falling leaf)
- I can turn from toe edge to heel edge
- I can turn from heel edge to toe edge
- I can consistently make basic turns from the top of the Lesson Slope

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LEVEL 6 - ADVANCING TO COACHING

- Recap Skills from Level 5
- I am consistently linking my turns from the top of Main Slope
- I can vary my turn shape and size
- I am working on developing my posture and range of movement on the board
- I am starting to ride with more flow

REPEAT

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SKILLS DEVELOPMENT COACHING

I'm confident on the Main Slope or I have completed Level 6 and had some time to practice the skills I have learnt. Your coaches will guide you over multiple sessions to develop on going performance including techniques to dealing with varied terrain, refining posture and improving steering skills.

Comments

NEXT STEPS - ASK US ABOUT...

PRIVATE LESSONS

Whether you want to whizz through the levels or build your confidence slowly, learn at your own pace with a Private Lesson.

FREESTYLE

Jump, slide and spin on our freestyle features. If you want to learn the latest tricks, come along to one of our freestyle sessions.

MOGULS

Things will get bumpy when you hit the moguls! Make sure your technique is sharp for hitting one of these sessions!

