



Freestyle Specialist Assessment Form



NAME:

RESORT:

DATE:

STAFF:

SESSION RESULT:

Proficiency Levels:

- INTRO - Safety & Skill Training
- FS1 - Freestyle Specialist Level One
- FS2 - Freestyle Specialist Level Two
- FS3 - Freestyle Specialist Level Three

Reference PSIA AASI National Freestyle Standards

All proficiency elements must be completed to a satisfactory level.

- Essential elements were not observed or **not present**.
- Essential elements are **beginning to appear**.
- Essential elements appear but **not with consistency**.
- Essential elements appear regularly at a **satisfactory level**.
- Essential elements appear **frequently above** the required level.
- Essential elements appear **continuously at a superior level**.

TEACHING & TECHNICAL

INTRO FS1 FS2 FS3

SAFETY

	-	FS1	FS2	FS3
Risk Analysis				
Responsibility Code				
Park S.M.A.R.T.				
Etiquette & Flow				
Student Experience				

TEACHING

	-	FS1	FS2	FS3
Learning Connection				
Freestyle Teaching Models				
Progression Building				
Student Experience				
Lesson Delivery & Feedback				

KNOWLEDGE & MA

	-	FS1	FS2	FS3
Use of ATML Model				
Observations / Cause & Effect				
Movement Patterns & Biomechanics				
Freestyle Technical Knowledge				

SKIING/RIDING SKILLS

INTRO FS1 FS2 FS3

FLATLAND

	-	FS1	FS2	FS3
Switch Skiing/Riding				
Ollie & Nollies				
Butters				

JUMPS / AIR

	-	FS1	FS2	FS3
Straight Airs				
Grabs				
Spins				

SLIDING FEATURES

	-	FS1	FS2	FS3
Rotational Moves				
Pressure Moves				
Enter/Exit Variations				

HALFPIPE

	-	FS1	FS2	FS3
Trajectory				
Amplitude				
Spins				

ADDITIONAL FEEDBACK & CONTINUED DEVELOPMENT:

