

Can Freestyle



The Canadian Freestyle Ski Association's



JUMPS
and
BUMPS
Program



Jumps and Bumps Passport

Welcome to the Canadian Freestyle Ski Association's 2011 RBC Jumps and Bumps program! CFSA's "Club Coaches" are trained to teach kids the skill progressions outlined in this Passport.

As CFSA launches its new Can Freestyle Programming – RBC Jumps and Bumps has been redesigned for a stronger focus on learning fun and fundamental skiing skills for skiers 6 and up.

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**FREESTYLE
SKI
ACROBATIQUE**

Use the check boxes in this passport to track your achievements with your coach. When a skier has completed at least 90% of the skills in a level, they will be awarded stickers to mark their success.

If your ski area does not have the terrain required to give a skills test, for example a Halfpipe, the coach may leave that test out of the program.

Many of Canada's top Freestyle skiers have graduated from this program, and we encourage you to master all of the fun skills, and challenge yourself to enter a freestyle competition.

One more change this year – we have grouped the RBC Jumps and Bumps skills into these categories:



1. **Skiology :**

Learning about ski equipment, terrain, etiquette, safety and the sport of Freestyle Skiing.

2. **Freeskiing:**

Basic skiing technique including: Stance and Balance, Steering and Edging, Absorption and Pressure Control, Timing and Coordination.

3. **Park, Halfpipe and Air:**

Mastering Acrobatic Fundamentals for Terrain Park, Halfpipe, and Mogul Air.

4. **Moguls:**

Developing and adapting the 4 basic Freestyle Skiing skills in Moguls.



Green LEVEL 1

SKIOLOGY

- Know how a Ski Works
- Identify Basic Parts of a Mogul and Table Top
- Know Alpine Responsibility Code
- Cover Terrain Park Etiquette
- Attend a Freestyle Ski Competition
- Name a National Freestyle Ski Team Member
- Know Three Rules of Jumping

FREESKIING

- Demonstrate Good Warm-up
- Balanced Body Position on Blue/Green Terrain
- Medium Radius Power Plow Turns
- Hockey Stop in Both Directions
- Switch Wedge Turns

PARK, HALFPIPE & AIR

- Switch and Regular 180 on snow (both directions)
- 360 On Snow (both directions)
- Jump onto Fun Box Straight
- Balanced Take off and Landing on a Small Jump
- Corridor Rails Drill
- Touch Boots Mid Air/Spread Eagle
- Down Halfpipe 180
- Drop in From Halfpipe Deck

MOGULS

- Maintain Stance and Balance in Roller Tank
- Route Finding in Easy Moguls

Coach Comments:

Blue LEVEL 2

SKIOLOGY

- Purpose of a Mogul Ski
- Name Three Big Freestyle Events
- Name Your Favorite Ski Movie
- Describe the “Fall Line”
- Identify Parts of a Halfpipe
- What Does “Line” Mean in Halfpipe

FREESKIING

- Intro Carve Turns, Cowboy Turns
- Switch Wedge Turns Weight on Outside Ski
- Weight Balanced Over Outside Ski
- Vision Forward, Head Up

PARK, HALFPIPE & AIR

- Twister, Daffy, Cossack
- Japan, Lui Kang, Iron Cross
- Switch 180 off Small Jump
- 180 Off Jump, Contact / Cat Twist

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- Jump Land on Funbox Sideways both Directions
- Beginner Ride on Rail
- Intro to Wall Ride
- Halfpipe Alley-oop
- Halfpipe Air-to-Fakie
- Halfpipe Drop In Rolling

MOGULS

- Balanced Stance on Novice Mogul Terrain
- Link Moguls Turns in Sections
- Learn Moguls Jump
- Easy Moguls 80m Fall Line Run

Coach Comments:

Black LEVEL 3

SKIOLOGY

- Name Three Canadian Freestylers Who Won Olympic Gold
- Enter a Fun Freestyle Competition
- What Can Freestyle Skiers Do Off-Season to Help their Skiing?
- Nutrition & Hydration Basics for Active Kids
- Name Five Types of Rails
- Understand “Line” in Moguls

FREESKIING

- Intermediate Carve Turns, High Marking
- Maintain and Control High Speed Turns
- Perform Speiss/X Jump Drill
- Ski a Race Course
- Watch a Video of Yourself
- Pole Plant
- Switch Parallel Turns

PARK, HALFPIPE & AIR

- Mute and Tail Grabs
- Twister Spread Combo
- Exit Funbox Switch
- Enter Funbox Switch
- Slide Beginner Rail Both Directions
- 360 Off Jump
- Carve Take-Off Intro
- Halfpipe Pumping
- Halfpipe Grab (Any)
- Complete Beginner Rail or Box
- Three Halfpipe Consecutive Hits, One Above Coping

Coach Comments:

Black LEVEL 3 Continued

MOGULS

- Turn Timing in Roller Tank and Moguls
- Full Moguls Run with Two Jumps

EXIT SKILLS

- Standing on Outside Ski
- Controlled Turn Shape
- Use of Joints (Flexion and Extension)
- Mobile Stance and Balance



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