



**FREESTYLE
SKI
ACROBATIQUE**

Can Freestyle Air 3 Water Ramp & Air Bag

TECHNICAL WORKSHOP FACILITATOR GUIDE

May 23 2013





National Coaching Certification Program



PARTNERS IN COACH EDUCATION

The National Coaching Certification Program is a collaborative program of the Government of Canada, provincial/territorial governments, national/provincial/territorial sport organizations, and the Coaching Association of Canada.

Government of Alberta



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Table of Contents

Introduction	4
COACH PATHWAY	5
AIR MODULE PATHWAY	6
Objectives of the Air 3 Module:	8
NCCP Core Competencies	9
General Notes to Help Guide the Facilitator:.....	10
Overview of the Air 3 Workshop.....	11
Checklist for Workshop Facilitation	13
Scheduling	14
Evaluation form.....	18
NOTES:.....	22
Facilitator Input Form	23

Introduction

Welcome and thank you for taking the initiative to facilitate this course for the Canadian Freestyle Ski Association. The purpose of this document is to provide the Learning Facilitator with a detailed overview and guide of the Air 3 Module 3 day course.

Please take a moment to read and understand CFSA's Coach pathways, this information is important for you to understand so you can answer questions that you will get from the coach candidates throughout your 3 days with them.

COACH PATHWAY

Here is the link to the CFSA Website where you can find all the education pathways for all our coach programs:

<http://freestyleski.com/wp/coach/training-programs/>

AIR MODULE PATHWAY

All candidates entering this workshop must be Club Coach Trained, Air 1 and Air 2 Trained.

Air 3 covers skills in the Air Bag and Water Ramp environments. Skills are broken down into 2 levels which are directly transferred from the Air 1 and Air 2 modules - trampoline / acrobatics skills.

- Air 3A: Back Tuck, Front Tuck, Cork7
- Air 3B: all other single inverts and off axis tricks with spins.

Please work closely with CFSA's Coach Program Manager to ensure you have all the updated material and resources you need from Drop Box. CFSA also has a Wiki site with some skills loaded that may be of use to you: <http://www.canfreestyle.com/wiki/category/courses/air-courses/>

- **Please review the Air Pathway on the next page during your course**
- **It is important to review the transition plan stated at the top of the Pathway!**

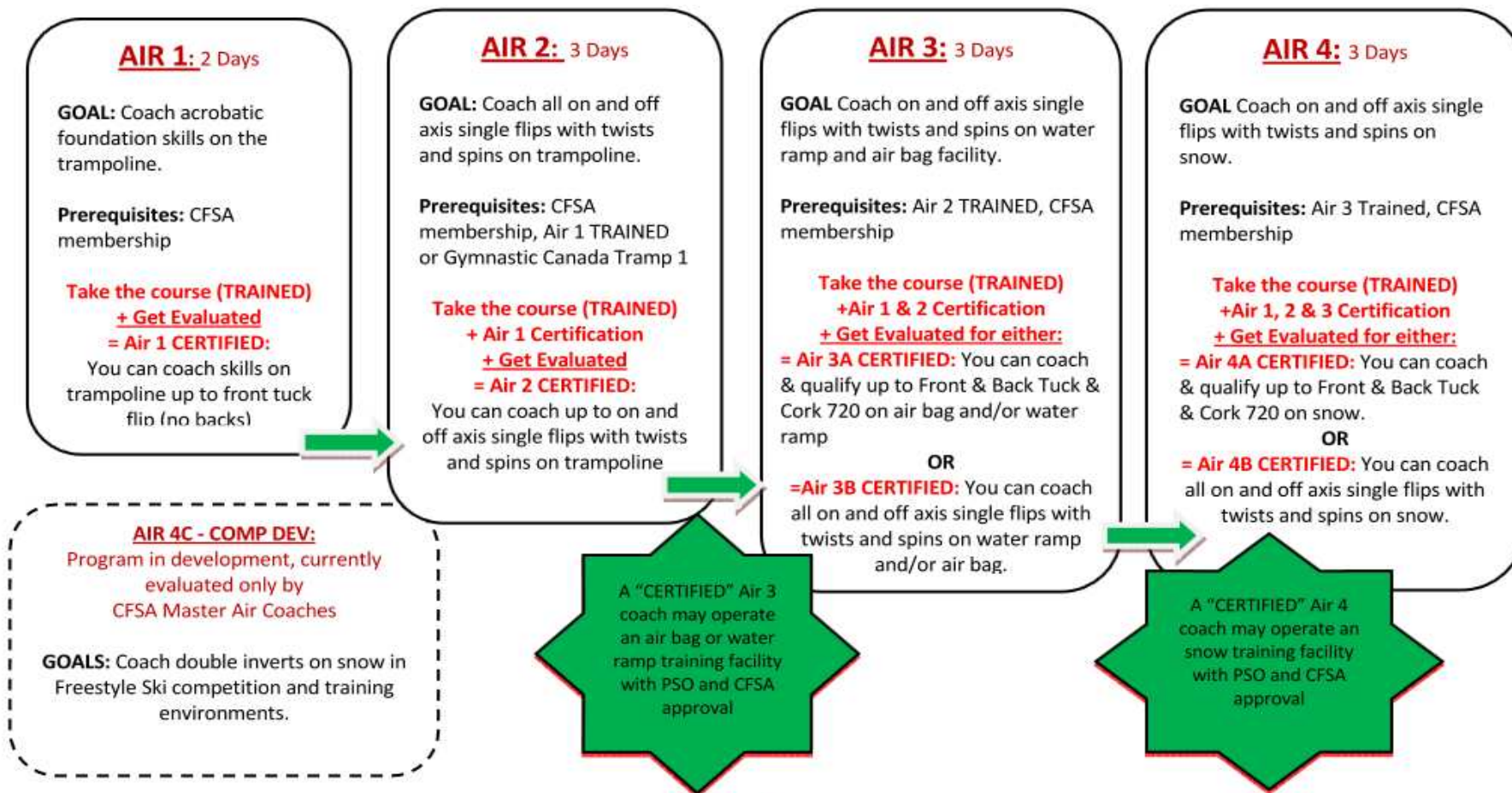
There is space at the end of this document for your own notes.

NEW CFSA AIR COACH PATHWAY

Part of the Competition Introduction SUPERCOACH Program

CFSA is targeting to have the new Air Coach system fully implemented by May 2014. At that time the old Level 2 Air Coach and Air Qualifier Status will be obsolete. Coaches can only qualify their own athletes, this is currently in effect. The athlete skills taught in this program are used with the Freestylerz program.

For inquiries, please contact: coaches@freestyleski.com



Objectives of the Air 3 Module:

At the end of the Air 3 Workshop the candidates will either be TRAINED or CERTIFIED in the following:

Air 3A Water Ramp: Coach can train Cork 720, Front Tuck and Back Tuck ON WATER
Air 3A Air Bag: Coach can train Cork 720, Front Tuck and Back Tuck AIRBAG
Air 3B Water Ramp: Coach can train single inverts with spins ON WATER
Air 3B Air Bag: Candidate can train single inverts with spins ON AIR BAG

Upon completion of this Workshop, the successful coach will have the knowledge and competencies to coach and qualify (regarding their status of completion) athletes at the Learn to Train, Train to Train, Learning to Compete and Training to Compete stages of our LTAD model.

There are 2 different status of completion of this course for the candidate.

What does it mean to be CERTIFIED or TRAINED or NEED IMPROVEMENT?

CERTIFIED = Coach can TRAIN & QUALIFY their athletes in the specified environment

TRAINED = Coach needs to get re-evaluated before training inverts with their athletes in the specified environment.

As the Learning Facilitator of the course you will have a big responsibility to assess properly all candidates, because you will sign-off for their coaching skills and authorize them to coach and qualify inverts and off-axis on water-ramp and Air Bag. The Learning Facilitator should have no doubt on the abilities of the candidates he will pass.

The Learning Facilitator will have the following tasks:

1. Ensure the candidates attend all 3 days of the Technical Workshop on both Water Ramp and Air Bag venues
2. Help the candidate in improving their own ski jumping skills (adapt between Park and Mogul style)
3. Facilitate the candidate in increasing their technical instructional knowledge by coaching each other through a session.
4. Facilitate the candidates to increase their knowledge and understanding of the following aspects of the Air 3 course:
 - a. Manage operations of a Water Ramp & Air Bag venue
 - b. Build a season plan to achieve athletes goals (flip and off-axis development)
 - c. Prioritize and sequence technical training sessions and blocks
 - d. Analyze technical and tactical components
 - e. Effectively and professionally lead and coach their programs
5. Engage the coaches throughout the course by involving them in sessions and discussions

NCCP Core Competencies

As coaches progress through this module, they will work on developing *five core competencies* that will help them become a more effective coach and have a more meaningful impact on athletes' experience

At certain points in the workshop, coaches will participate in activities that involve reflecting on and assessing their learning on these five competencies. These are important activities, because coaches indicate in them how they will apply and model the five core competencies in their athletes' training...

Here are just some of the ways the 5 competencies come into play in Technical Planning:

Problem-solving

- Determine an appropriate structure for technical development
- Design activities that develop both technical skills and training attitude
- Identify symptom at the source
- Risk Management

Valuing

- Ensure that activities respect athletes' abilities and progression (from trampoline to ski jumping)
- Respecting the different styles of learning in athletes, talk about the different ways a skill can be explained in teaching.

Critical Thinking

- Compare current knowledge, skills, and attitudes with the information provided in the Air 3 Technical Manual
- Adapt to all venue and promote a Safe training environment at all time (pro-active)
- Understand and apply the equipment requirements to operate on a water ramp or an air bag

Leading

- Develop strategies to manage time and resources, given athletes' training and competitive needs
- Manage operations on a venue and prepare all the sanction and certificate of insurance prior training
- Specific Emergency Action Plan
- Take control of the flow (knoll-master, trampoline...)

Interacting

- Work with other coaches to develop training and competitive philosophies for your program
- Ask to share experiences between athletes
- Flow of athletes during the session

General Notes to Help Guide the Facilitator:

- Try to schedule a course where there is a Water Ramp and an Air Bag in proximity. This will allow you to run the course in 3 consecutive days.
- Candidates are to be kept actively involved in discussions and demonstrations during the course. Challenge the coaches to become innovative in their thought processes.
- Course is to be 3 days in length for 6 candidates or less. There is the option between (dependant on what the PSO wants)
 - 1 Day of Water Ramp and 2 Days of Air Bag
 - 2 Days of Water Ramp and 1 Day of Air Bag
- At the end of each day, the Facilitator should recap the days' events. During this time, the candidates are encouraged to take notes so that they can refer to them at a later date. There is a special note section in their Air 3 Technical Manuals – last page.
- If there is no Trampoline available on site, the time allocated for this period will be spend either on the ramp, either watching videos to cover all materials and teaching skills
- The facilitator might decide to offer to some athletes to join the course as demonstrator. The athletes must be active CFSA athlete members.
- Each day, there must be an opportunity for the coaches to practice the following as you proceed through the course so they can develop the necessary competencies for effective coaching.
 - 1) Explanation of skill
 - 2) Explanation of context/situational analysis
 - 3) Demonstration of a skill whether it be themselves or a model
 - 4) Detection and correction
 - 5) Explanation to correct

Overview of the Air 3 Workshop

Topics to be taught & facilitated in the Air 3 Water Ram & Air Bag Module:

Administration

- Site requirements to coach on a Water Ramp / Air Bag venues
- Sanctioning and Certificate of Insurance
- Coach responsibilities
- Risk Management
- Emergency Action Plan
- Pathway to become a qualifier
- Air qualification procedures and ARQ manual
- Keep record of jumps, qualifications, accident reports
- Video review equipment

Water Ramp

- Site Specific flow management
- Full site inspection (and trampoline)
- Equipment requirements (wet-suit or dry-suit)
- Waxing procedures
- Air System (bubbles) operations and management
- Introduction to the Water Ramp for beginner (left side and right side entries)
- Introduction to switch skiing on the Water Ramp (left side and right side entries)
- Speed consideration
- Knoll-master
- Environmental effects on training

Air Bag

- Site Specific flow management
- Full site inspection (and trampoline)
- Equipment requirements (how to dress)
- Waxing procedures
- Air flow assessment and management in the Air Bag
- Introduction to the Air Bag for beginner (left side and right side entries)
- Introduction to switch skiing on the Air Bag (left side and right side entries)
- Speed consideration
- Knoll-master
- Environmental effects on training

Air 3 A skills intro to inverts

- Riding the jump progressions and expectations
- Quick review of Air 2 trampoline progression
- Back tuck
- Front tuck
- Cork 7

Air 4 B skills inverts and off-axis

- Riding the jump progressions and expectations
- Quick review of Air 2 trampoline progression
- Lincoln-loop
- Flair
- Flat-3, Flat-5
- Rodeo-5
- and other single twisting inverts

Qualifications

- Aerial Rules and Regulations Manual (ARQ)
- Process of Athlete Qualification
- Process for Coach Certification

All reference material for the candidates and the Learning Facilitator are in the Air 1, Air 2 and Air 3 Technical Manuals and the ARQ Manual.

Checklist for Workshop Facilitation

Before the course: material and TO DO list:

- ❑ **Book the ramp & bag time** - in coordination with the PSO running the course: 4 - 3 weeks prior.
- ❑ Order the Air 3 manual binder from your PSOs (minimum 3 weeks in advance)
- ❑ Make sure the course is sanctioned by CFSA on all the venues (check with your PSO)
- ❑ Send an email to all participants to include
 - Locations of the course
 - Detail schedule
 - Copy of the Air 1-2-3 manual for the candidate to revised
 - Specified if athletes are authorised to join as demonstrator
 - Sheet of "What to bring" for the candidates
- ❑ **Prepare some videos for each maneuvers covered in this course.**
 - The videos to be used for qualification training and/or to demonstrate a manoeuvre
 - Ideally some videos of qualification rated border-line to show what is acceptable or not for qualification purposes
- ❑ Make sure you are trained to enter "Locker" data into the CAC database - contact coaches@freestyleski.com
- ❑ Freestyle LTAD manual (there is some reference material in the technical manual but only related to the Competition Development Context.

Course facilitation preparation prior to workshop:

- ❑ Communicate with host water ramp and air bag
 - Verify if there is going to be an operator for the whole time
 - Figure out details on how to open, operate and close the facility if required
 - Access to meeting room; quiet, enough space, power, projector set up
 - Communicate list of candidates for lift ticket deals (local club can help with this) if required
- ❑ Pens and Pencils
- ❑ Access to TV – projector & computer is best if you have everything on a computer
- ❑ Bring a video camera on the course, make sure you have all cables to present the videos to the candidates
- ❑ Whiteboard and/or Flip Chart
- ❑ List of All Candidates from PSO OFFICE
- ❑ Prepare an EAP (Emergency Action Plan) for each facility

Post Course Administration:

- ❑ Enter the candidates and course information into the locker and submit for CFSA approval CONTACT coaches@freestyleski.com if you are not sure how to do this.
- ❑ Make sure candidates have completed and given you the "Facilitator Evaluation" form
- ❑ All individual Evaluation forms are completed and passed on to them, their evaluator & their PSO administrator – also keep a copy for yourself. Make sure the copy you send out is "read only."
- ❑ Set up a timeline and directions for the candidates who might need some training before passing part A or B of this Air 3 course
- ❑ **Learning Facilitators should always keep copies of their NCCP coach course evaluation forms and registration information!**

Scheduling

Most of the days will run for approximately 8 hours. Refer to the Air 3 Manual for guidance on specific points to cover in relation to the overview below:

Day 1 Water Ramp		
Section	Time (min)	Items
Introductions	30	
		Round table introductions
		Details of the course
		Details of training and evaluation
		NCCP registration form
Inspection & tour	30	
		Equipment
		Role of ramp manager
		CFSA sanction
		Inspection
		Emergency Action Plan (EAP)
Required equipment	30	
		Life Jacket PFD rated (Personal floating Device)
		Helmet with ear protection
		Gloves
		Wet-Suit or Dry-Suit
		Leash on skis
		Ski: shape, edges, fiber glass
Binding: Din setting		
Warm Up	15	
		Engage the coaches for ideas
Trampoline Session 1	60	
		Basic maneuvers and spins, up to 720s
		Positive arm swing
		Focus on CG (Center of Gravity)
Water Ramp Initiation	30	
		check candidate gear for safety
		Suit up
		Role of Knoll Master
		Walk forward and backward, slip and walk sideways with skis on the meanie carpet
		Review body position

		Progression on jump 90 to ride the ramp
		Progression to ride the ramp switch
Water Ramp Session 1	60	
		Simulate an entry-level athlete at his first jump on the water ramp
		Progress with speed, jump size and maneuvers up to 720
		Calling
		Pair candidates for coaching the basic maneuvers and operate as the knoll master
LUNCH	45	
Theory Session 1	30	
		Phases of the jumps
		Engage candidates about progressions, performance and mileage
Trampoline Session 2	30	
		Back Tuck
		Front Tuck
		Cork 720
Water Ramp Session 2	90	
		Progression and performance of the following maneuvers
		Back Tuck
		Front Tuck
		Cork-7
Shut Down	15	
		Water Ramp and Trampoline Shut Down
Wrap Up and Debrief	15	
		Team Debrief
Total in hours	8	

Day 2 Airbag		
Section	Time (min)	Items
Theory Session 2	30	
		Introduction to biomechanics
Trampoline Session 3	60	
		Warm Up
		Refresh 3 spinning technique
		Back Layout
		Back Full

		Under-Flip
		Misty-5, Misty-7
		D-Spin 7
		Bio-7
Airbag Session 1	120	
		Inspection
		Start up the Airbag
		Safety Requirements
		Operator responsibility and checklist
		Air Flow assessment and control
		Landing Technique
		Effect of the difference of weight of the athletes
		Discussion about the effects of weather on the Airbag
		Jump - familiarization with the Airbag
		Progression and performance of the following maneuvers
		Back Layout
		Back Full
		Under-Flip
		Misty-5, Misty-7
		D-Spin 7
		Bio-7
LUNCH	45	
Theory Session 3	45	
		Qualification process
		ARQ Manual
		Qualifying form
		Passport
		Process to become a qualifier 3a or 3b
Trampoline Session 4	30	
		Lincoln-Loop
		Flair
		Flat-3, Flat-5
		Rodeo-5
Airbag Session 2	120	
		Progression and performance of the following maneuvers
		Lincoln-Loop
		Flair

		Flat-3, Flat-5
		Rodeo-5
Shut Down	15	Airbag and Trampoline shut down
Wrap Up and Debrief	15	Team Debrief
Total in hours	8	

Day 3 Airbag		
Section	Time (min)	Items
Theory Session 4	30	Sanction Form
		Certificate Of Insurance (COI)
		Accident Form
		Plan a practice that incorporate trampoline and ski jumps progressions
Trampoline Session 5	30	Warm Up
		Review maneuvers
Airbag Session 3	120	Review maneuvers
		Candidate to teach a skill and practice teaching Air 3 material
		Discuss the candidate evaluation
		Lesson Assignment (1 maneuver and 1 administrative or operational per candidate for a total of 2)
LUNCH	60	Candidate prepare their lesson
Evaluation	180	1 maneuver per candidate
		1 administrative or operational skill per candidate
Shut Down	15	Airbag and Trampoline shut down
Wrap Up and Debrief	45	Team Debrief
		Individual Debrief
		Follow Up required?
		Qualifier Status application protocol
Total in hours	8	

Evaluation form

To be review in class so the candidate know what they will be evaluated on.

AIR COACH STATUS		TRAINED or CERTIFIED	
CANDIDATE SCORE		0	
MINIMUM STANDARD		125	
Air 3A Water Ramp: Coach can train Cork 720, Front Tuck and Back Tuck ON WATER			
Air 3A Air Bag: Coach can train Cork 720, Front Tuck and Back Tuck AIRBAG			
Air 3B Water Ramp: Coach can train single inverts with spins ON WATER			
Air 3B Air Bag: Candidate can train single inverts with spins ON AIR BAG			
CERTIFIED = Coach can TRAIN & QUALIFY their athletes in the specified environment Coach needs to get re-evaluated before training inverts with their athletes		TRAINED =	
OVERALL COMMENTS: The coach's license and certification can be revoked if working beyond their certified scope of practice.			
EVALUATION SCALE Needs Improvement: 1, Meets Expectations: 2, Excellent: 3 All candidates must "MEET EXPECTATIONS" in their evaluation to pass			
TECHNICAL		ACHIEVEMENT	STANDARD
CRITERIA	EVIDENCE		
FUNDAMENTAL Skills	Coach observes correct technique with ride the jump, forward and switch		2
	Skill progressions followed, straight air/pop, grabs, positional uprights		2
	Coach introduces both spinning direction		2
	Spins up to 720; basic spin mechanics communicated in increments of 180		2
	Coach uses grabs or positions within the spin to produce control in athlete		2
	Coach helps athlete develop understanding of, counter rotation or shifty with identifying upper and lower body separation		2
AIR 3A introduction skill technical understanding	Cork 720- correct emphasis on extension to achieve off axis		2
	Front Tuck- extension on take off and vision looking out and in front		2
	Backward Tuck- lift through the mid section with hip pressing to create flip		2
Air 3B advanced skill technical understanding	Lincoln Loop- vision in front on fixed point, cartwheel axis maintained		1
	Misty 540-Extension with slight shoulder turn on takeoff, flat back at apex		2
	Back Layout- extension with all of the joints flexed and tight, rigid body line		2
	Back Full-Layout emphasised before tilt or contact occurs to create spin		2

D-Spin-coach relates the relationship to cork 720 as more inverted		2
Flatspin- hips remain neutral and upperbody drives the flat spin		2
Rodeo 540-coach fully explains the movements to achieve cartwheel axis		2
Flare/Underflip-mechanics of flare skill used in the pipe, underflip in SS		1
Bio 720- slight movement forward as set is non inverted misty		2
Switch Rodeo 540- skill needs to be performed with safe switch in-run		1
Cork 540-technical skill requiring carve takeoff to perform safely		1
Competency Obtained	0	36

COMMENTS

WATER RAMP FACILITY

CRITERIA	EVIDENCE	ACHIEVEMENT	STANDARD
Coach implements appropriate safety standards, facility set up and athlete preparations in the Water Ramp facility	Coach goes through an inspection of the entire facility (walk through)		2
	Coach is familiar with the location of first aid and backboard flotation device		2
	Coach is current with CFSA membership including all athletes in the facility		2
	Coach respects Ramp Management Policy specific to that facility		2
	Coach is aware of the general guidelines in the ARQ manual		2
	Coach is aware of CFSA SANCTIONING requirements		2
	Equipment (Personal Floating Device approved!) REQUIRED! Communicated		2
	Equipment, helmet with coverings on the ear holes required		2
	Coach is competent with start up/shut down of air bubbler system, if applicable		2
Competency Obtained		0	18

COMMENTS

AIR BAG FACILITY MANAGEMENT

CRITERIA	EVIDENCE	ACHIEVEMENT	STANDARD
Coach implements appropriate safety standards, facility set up and athlete preparations in the Air Bag facility	Coach goes through an inspection of the entire facility (walk through)		2
	Manufacturers Operating Procedures Followed (helmet required)		2
	Air bag properly secured with anchors		2
	On-going management of air bag inflation and bag surface wear and tear		2
	Maintenance of jump and inrun		2
	Management of in- run speed		2
	Management of athlete trajectory including carving		2

	Management of generator or electricity supply and other on site tools		2
	Equipment requirements followed; no poles or skis with jagged edges		2
Competency Obtained		0	18

COMMENTS

QUALIFIER EVALUATION: Observation of a Qualification

ACHIEVEMENT STANDARD

CRITERIA	EVIDENCE	ACHIEVEMENT	STANDARD
Qualifier leads and implements an appropriately structured, safe and organized qualification process.	Outlines the process to the athlete: number of jumps required and rules		1
	The qualifier's directions are positive, professional and appropriately timed		2
	The qualifier does not "coach" the candidate with technical interventions		2
	Coach is prepared with qualification forms		1
	Ensures the environment is safe prior to jumping and mitigates risk		2
	Qualifier is able to assess errors that would compromise athlete safety		2
	The qualifier produces an Emergency Action Plan		2
Competency Obtained		0	12

Understand the training required and the process of evaluation to achieve "Qualifier" status	Coach implemented the 5 jump qualification process properly		2
	Coach has a good understanding of pass or fail for a qualified jump		2
	Coach observed accurate technical errors		2
	Coach identified the strengths appropriately in the 5 qualification jumps		2
	Coach identified the weaknesses appropriately in the 5 jumps		2
	Coach implemented appropriate technical feedback in a constructive manner for the 5 jumps		2
Competency Obtained		0	12

Manage administrative aspects of the qualification process	CFSA Athlete Qualification form completed properly		2
	Air Passport completed properly		2
	Has copy of ARQ and is familiar with it.		1
	Aware of and knows where to get the CFSA Accident Form		1
	Coach filed the athlete qualification forms appropriately: PSO + CFSA + Athlete's Coach + a copy for themselves		2
Competency Obtained		0	8

COMMENTS

COACHING INTERVENTIONS

ACHIEVEMENT STANDARD

TEACHING	ACHIEVEMENT	STANDARD
Coach describes skill properly		2
Coach is effective in explanation of the skill and drill		2
Coach ensures participants are engaged		2

DETECTIONS	Coach detects the correct error		2
	The detection is related to the given skill, it may not be because the given detection may be more of a factor in NOT achieving		1
	Coach considers other affecting factors		2
CORRECTIONS	Coaching interventions are related to skills: drills, objectives		2
	Coach chooses appropriate intervention environment		2
	Intervention is progressive for the athlete		2
FEEDBACK	Coach provides clear, concise and provides appropriate feedback		2
	Coach provides constructive demonstrations as needed		2
Competency Obtained			0
			21
COMMENTS			

NOTES:

Type your text here or print and write.

Facilitator Input Form

This form is intended for Learning Facilitators and Evaluators to provide input after their workshop or their observation on how their experience went with how this program is set up. We appreciate any practical input and suggestions you have for possible changes or updating to the material or format.

Evaluators would provide input and suggestions on the material used for evaluations such as:

- The workbooks
- Observations' format
- The evaluation tools
- Timing of evaluations and taking NCCP modules
- Anything else they feel needs comments on

Learning Facilitators would provide comments on the format of the 6 day Technical Workshop, therefore they would have comments on:

- The format of the course; was there enough time? Too much material
- The Coach Skill evaluation tool
- Number of candidates
- Scheduling
- Terrain set up
- Learning Facilitator Guides
- Anything else they feel needs comments on

FACILITATOR OR EVALUATOR NAME:
AREA OF PROGRAMMING COMMENTING ON:
DATE OF SUBMISSION OF THIS FORM:
DATE OF WORKSHOP, EVALUATION OR OBSERVATION:

Click inside this box and start typing your comments. Please send to the CFSA coach program coordinator.