

SNOWBOARD Ability Levels 2011/2012

LEVEL	Prerequisites	Goal	Terrain	Tasks
YELLOW 1	Never ever	To control speed and direction using a sideslip.	Bunny Hill	Skating, climbing, sideslip, pendulum, power pendulum. (Develops all skills)
GREEN 2	Can control speed and direction using a sideslip on both edges	To learn to turn both ways and eventually link them.	Bunny Hill	Garland turn or fall line edge change, dance exercise, unassisted turns with stop, linked turns. (Develops all skills)
RED 3	Can link turns on Bunny hill	To ride chair and progress to riding green terrain with control of speed.	Green terrain	Explore turn shape and size using follows the leader. Introduction vertical body movement and prepare for steeper terrain (ED & PC)
BLUE 4	Can ride green terrain in control using novice style turns.	To ride blue terrain in control and start challenging balance in variable terrain	Groomed Blue terrain	Vertical body movement. Intro to steeper terrain. Working on controlling pressure improving pivoting to ride new terrain and introducing to lower body steering (knee steering, 360s on snow, motorboat turns, hop turns) (SB and PS)

SILVER 5	Can comfortably turn on blue terrain.	To explore black terrain and blue variable terrain. Intro to man made terrain such as terrain park and boarder cross and challenge pressure control skills through terrain and maneuver. Introduction to carving	Groomed black terrain Groomed blue terrain . Small Terrain Park features	Pressure control (PC) skills to create, release, and manage pressure whilst challenging balance ex. boarder cross, traverse across bumps. Intro to switch riding. Intro to carving Introduction to popping of small jumps terminology and etiquette in the park. Speed checks, flat based riding,
GOLD 6	Can ride groomed black terrain, Can carve on green terrain. Consistent on variable blue terrain and can ride small park features. Wants new challenges	To ride on groomed black terrain and further experimentation with moving along planes of balance, intro to rhythm and timing in and out of the terrain park.	Blue and black terrain Suitable terrain park features.	Carving turns on green and mellow blue terrain and its uses on the mountain (ED). Short Radius (advanced sliding) turns down steeper terrain and increased difficulty of switch riding. Introduction to counter rotation
BLACK 7	Can ride all terrain	Further exploration all over the mountain with a focus on aggressive and agile riding. Introduction to down unweighting and dynamic turning and it's uses.	All terrain Park pipe	Continuation of using the lower body to speed checks), Intro to inclination, advanced carving Controlling pressure dolphin turns etc. Refinement of experimentation in terrain park.