

**PINE KNOB
SNOWBOARD
PATCH PROGRAM
TEACHING REFERENCE**

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References:

- **ATS Snowboard Skiing Manual**
- **PSIA / AASI materials (including AASI Snowboard Manual)**
- **Vail and Beaver Creek adult snowboard teaching handbook**
- **Snowboard magazines.**

INTRODUCTION

Most people teach part time as a way to improve their skills and interact with others who share their passion. It is also a way to earn some extra money and make the sport more affordable. But it is very important that you enjoy helping people learn.

Season

The season usually starts on Thanksgiving and runs through early March. Periods of rainy weather or extreme cold can interrupt the season. Christmas through the second week of February is the busiest time. If you take a winter vacation, plan it as late as possible. March is when conditions at the larger resorts are the best. Early December is an important time to clinic.

Programs

Student lessons are given to groups of school children on weekday evenings and Sunday evenings. Private lessons are available at the customer's request or on-demand.

Schedule

Each season you must submit a schedule. Four days are requested, but a minimum of three days per week must be worked. Weekday evenings from 5 pm - 7 pm and weekend mornings starting at 9 am are the busiest times when you're needed the most. Any extra days you can work are helpful, especially during holidays

Requirements

- 1) Instructors are independent contractors, so you are responsible for buying your own equipment and ski school Jacket. You do not receive health insurance, workers compensation, or unemployment. Instructors must purchase liability insurance from the ski school. New instructors go through a trial period when they are evaluated on their work habits, involvement, attitude, and ability. Instructor status is usually achieved after several weeks of acceptable performance.
- 2) Instructing is more casual and fun than other work, but you must remember that it is a real job and treat it as such. Teaching requires hard work and commitment of time. Be on time to work and call when you can't come in. Maintain a professional appearance and keep your uniform clean. Be **polite, courteous, and helpful** to all the customers and employees at the resort.
- 3) All instructors, new and returning, should re-evaluate the reason they want to be instructors. If you don't love teaching, or if other priorities prevent you from meeting ski school requirements, you should reconsider your participation.

Policies

- 1) You are responsible for your lesson tickets and will be paid only for what you turn in. Submit them on Monday, and receive a check on Thursday.
- 2) Sign in and out every time you are at the resort. Any time you are at the resort, we may ask you to work if a need arises.
- 3) No guests are permitted in the instructor's room. You are allowed to keep only one set of equipment (snowboard and skis) in the instructor's room. Remove your equipment before the end of the season. It will not be safe during the summer.
- 4) Instructors are not allowed behind the ski school desk unless asked to help out.
- 5) You are not permitted in the bar before 9 pm.
- 6) The ski school uniform must be worn: (Black) **jacket with ski school pass**
- 7) **Always** listen for pages and frequently check if instructors are needed, especially when the resort is busy. Have your cell phone on when free riding and clocked in.

I. Green Patch

Terrain: Flats and Beginner slopes

Goal: Introduction to area, equipment, straight glides to a stop and first basic turns to stop

Introduction to Area:

- What are Green, Blue, and Black Slopes?
- What is “Your Responsibility Code?”
- Why you don’t sit in the middle of the hill

Equipment Check / Introduction / Help Correct Problems:

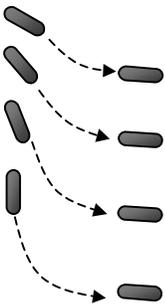
- Boots (Laced?)
- Bindings, Leash, how to put the board on
- Tip / Tail
- Stomp Pad
- Toe Side / Heel Side
- Regular / Goofy
- Binding Set / Angles / Width

Flat Ground and Small Hill Demonstrations, Exercises & Progressions:

- **Stance-** “balanced, functional, efficient and powerful”, STABLE (flexed vs. tall, upper body aligned with lower body, looking forward (in the direction the rider is sliding), hands out slightly at side, fore aft balance 50-50).
- **Flat ground edging** – Toe side, heel side, catching edges (**SAFE FALLS**)
- **Skating** on the flats (one foot attached - smaller pushes usually work better)
- **Skate and glide** on the flats
- **X’s in the snow** – introduce rotating or pivoting the board, show how to “scissor” your feet – front foot forward while the rear foot goes back, and vice-versa
- **Climbing** or walking up the slope (one foot attached)
- **Straight Glide** with rear foot on stomp pad

Lifts:

- Explain and demonstrate use of the rope tow (chair lift if appropriate). Rear foot must be out of the binding, rear foot on stomp pad, maintain 50-50 balance
- Maintain stance – basic flex, looking forward – correct problems
- Clear the lift area promptly (skate away as needed or slide away if one falls)
- It may be necessary to walk part way up the slope in first lessons



On the Hill (progressing to part way up beginner hill):

Straight Glide – use an area with an up slope or flat run where student does not need to actively stop. Then introduce both feet in bindings.

Focus on correct stance

Gentle Twist Front of Board on Edge to start first turns (focus on front foot)

Gradually Increase Tilt or Edging to control turning of the board across fall line

Progressively Increasing direction down the hill (fan progression)

Toe Side / Heel Side – get one side down, then switch and work on other side

Progressively Increase skidding & rate of board pivot to stop more quickly

Green Patch Lifts: Magic Carpet

II. YELLOW PATCH

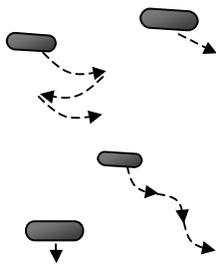
Terrain: Beginner slopes

Goal: Basic skidded turns, crossing the fall line, connected by skidded traverses, alternating toe side and heel side

Introduction:

- Review Stance, Turns to a Stop, Responsibility Code
- Assist with equipment, get equipment problems corrected
- Briefly explain basic skidded turns – yellow patch

Beginner Hill Demonstrations, Exercises & Progressions:



Skidded Traverse – to a turn uphill to stop; then downhill into the fall line; then stop
How much and how fast to tilt the board on edge – rate and amount (1 to 10 scale)

Variety – pick up or lift toes/heels; or lean/balance on heels/toes; or bend knees.

Falling Leaf – beginner introduction of riding fakie / switch

Garlands (focus on the start of the turn or the end of the turn as needed)

1 turn to a stop – crossing the fall line, changing edges and direction

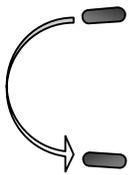
Side Slipping (toe side / heel side)

Toe Side / Heel Side

Alternating several turns – maintaining control and speed

Continue to focus on an aligned, balanced stance

Basic Turn

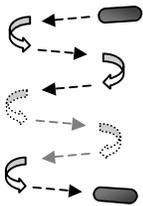


From a traverse, twist (torque) the snowboard by flattening the nose of the snowboard (front foot.) As the edge is released/flattened, the nose of the snowboard will point more downhill, down into the fall line. As the board moves down the hill, encourage students to maintain a balanced, flexed stance.

Gradually twist the front of the snowboard; increase tilt with the front foot, balancing onto the new inside edge. As the board turns across the hill, out of the fall line, maintain balance with the body tilting / balanced progressively inside of the turn (uphill). Tilt both feet to edge the board as needed to traverse in the opposite direction across the hill – balance with lessening uphill tilting through the traverse.

For a stop, as the board begins to turn more and slow, gradually reduce the edge angle and position the body on the board edge for static balance. For continuing in a traverse, maintain light edging of the board, balanced evenly on both feet. Rider should then be ready to begin the next turn in the opposite direction.

Small amounts of rotation of the board (“scissor” – front foot forward / rear foot back, & vice-versa) may be useful to start a pivot of the board down the hill; or out of the fall line and across the hill. If used, rotation should be only part of the turn – edged board contact to the snow is critical to turn and stop. Repeat as needed to ensure the students “get it”. This is a place to practice and not rush to the next step.



Grading

- 1) Skidded turns in both directions – heel / toe, toe / heel (skidded traverse o.k.)
- 2) Balanced, flexed, aligned stance on the board during turns (and traverses)
- 3) Completing sufficient turns to control speed on beginner slopes

Provide feedback.

Yellow Patch Lifts: Pine Knob: Rope tows

III. BROWN PATCH

Terrain: Intermediate slopes

Goal: Linked skidded turns showing rhythm and control. No traverse heel side or toe side. Flexing and extending movements; and progressive edging are used.

Introduction:

- Equipment check
- Review Basic Skidded Turns (Yellow Patch), stance, and Responsibility Code
- Briefly explain Dynamic Skidded Turns – Brown Patch

Intermediate Demonstrations, Exercises & Progressions:



Flexing and Extending – ankles and knees

Quiet Upper Body – legs and board dynamically away from the body during the middle of the turn

Edge Angle – is generally greater as the board moves farther out from the body

Upper Body – aligned with the feet; moving forward, down the hill, to initiate new turns

Release – the board edge at the transition between turns allowing the start of the new turn and change to the new inside edge

How much and how fast to tilt the board on edge – rate and amount (1 to 10 scale)

Variety – try different ways of communicating ideas – feel, think, see, do

Toe Side / Heel Side

Fan exercise – work one turn at a time, gradually increase rate and amount

Garlands – focus on the start of the turn or the end of the turn as needed; or work on progressively reducing traverse length

Rhythm Turns – count: 1, 2, 3--- 3, 2, 1--- flex, 2, 1, turn, 2, 1, ...; ... (variety - what works)

Traversing and Sideslipping – alternate for edge control, releasing and engaging

Board in lanes / corridor – to help vary turn size, shape, and timing

Follow a partner / instructor – try to follow the leader's track – maintain a safe distance. Try to ride inside of or outside of the leader's track.

Continue to focus on a flexed, balanced stance

Putting it together – dynamic skidded turns

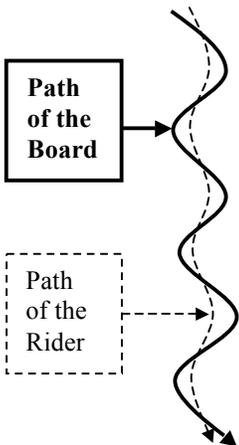
Work toward having a smooth transition from turn to turn and maintaining balance. Remember to keep the legs flexible – focus on allowing the legs to stretch and extend as the snowboard goes out to the side away from the body; and to bend and flex as the board comes back under the body. Discourage “up” and “down” vertical movement of the body.

Grading

1. Dynamic, rhythmic skidded turns in both directions – heel, toe, heel, toe (no traverse)
2. Balanced, flexed, stance on the board during turns – upper body quiet
3. Completing sufficient linked turns to demonstrate control and maintaining speed on intermediate slopes

Provide feedback.

Brown Patch Lifts: Pine Knob: Chairs-1-3,5-6 rope tows



IV. BLACK PATCH

Terrain: Entire area

Goal: Dynamic, linked, rhythmic carved turns of varying radii under complete control with no traverse between the turns and a very quiet upper body



Introduction:

- Equipment check
- Review Dynamic Skidded Turns (Brown Patch), Responsibility Code
- Briefly explain Dynamic Carved Turns – Black Patch

On Hill Demonstrations, Exercises & Progressions:

Edge Angle – begins early in turn – is progressively greater as the board is farther out from the body. Smooth and progressive edging movements assist with carving.

Extending – forward down the slope and initiating the next turn

Flexing – in the ankles and knees to absorb increasing pressure near the end of the turn as the board turns back in under the body

Upper Body – quiet; legs and board dynamically away from the body during the middle of the turn; “bamboo level across shoulders”; moving forward down the hill to initiate turns (crossover)

Crossover versus Crossunder – board, feet, and legs moving under the quiet upper body – smooth continuous movement of the upper body forward down the hill

Release – the board edge at the transition between turns allowing the start of the new turn and change to the new inside edge

How much and how fast – smooth movements – explore changes in amount, rate, and timing of edging – explore changes in rate, amount, and timing of flexing

Carved traverses – minimize slipping – create one sharp track on the hill

Fan exercise – work one turn at a time – gradually increase rate and amount

J - turns – from the fall line, with no skidding, finishing uphill to a stop. Balance leaning farther & farther inside each new, tighter J turn.

Toe Side / Heel Side – progress to full toe <-> heel direction changes carving 1 turn

Garlands (focus on quickness, and start of the turn, or end of the turn as needed)

Use previous exercises as appropriate: Rhythm Turns / Timing, Board in lanes, ...

Continue to focus on a flexed, balanced stance

Putting it all together – dynamic carved turns

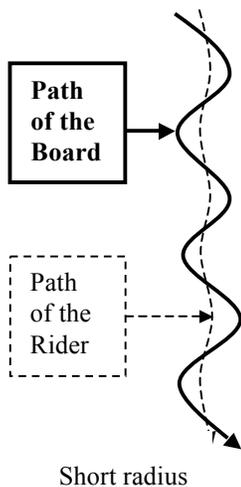
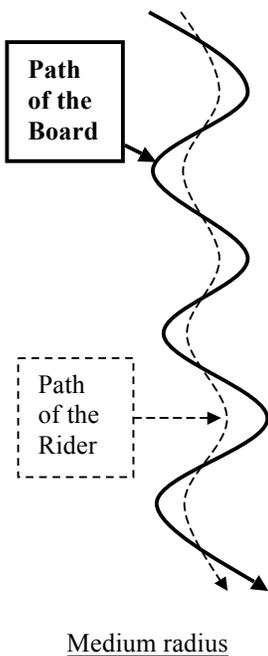
Work from easier intermediate terrain into more difficult intermediate or into advanced terrain. Work toward having a smooth transition from turn to turn, maintaining balance, and controlling pressure. Focus on balancing to maintain the pressure on the carving edge (toe / heel). Listen for the difference between a carved and a skidded turn. Focus attention down the hill.

Grading

1. Linked carved turns in both directions – heel, toe, heel, toe, ... Grade short and medium radius (little or no skidding – adjust some for equipment if needed)
2. Balanced (flexing and extending) stance on the board during turns; quiet upper body
3. Completing sufficient turns to maintain speed and demonstrate excellent control

Provide feedback.

Black Patch Lifts: All except Terrain Park



V. ORANGE PATCH

Terrain: Terrain Park

Goal: Understanding of Park SMART, introduction to features terminology

Introduction:

- Equipment check: HELMET MANDATORY
- Introduction of SMART

On Hill Demonstrations, Exercises & Progressions:

Start Small
Make a Plan
Always look
Respect the Terrain and Other skiers
Take it Easy

Introduction to Basic Switch
Medium Terrain, after warm up, have boarder start switch riding. Based on level of ability, exercise from brown and yellow can be done to help improve switch:

Remember TP squared
Tilt: using edges for carving
Twist: initiation of a maneuverer
Pivot: Control of the board in flat situations
Pressure: Weight management

Start with simple 360 flat spins, then introduction to features:

Putting it all together –

Focus and watch students behaviour in park. Reinforce good habits, including but not limited to: Riding Tow Rope with equal space, looking uphill if not starting, clearing feature after finish, etc.

Grading

This is more a safety course based on student's maturity. If you feel safe next to them in the park, they most likely pass.

Provide feedback.

ORANGE Patch Lifts: Terrain Park