

24-25 NW Activity Descriptions

TURN DESCRIPTORS		Tool - Snow Interaction
Turn Type	Sliding/Gliding	On a flat base, nose follows tail without direction change, almost always directly into the fall-line.
	Slipping	Nose & tail are parallel (side by side) to each other on a low edge, moving into the fall line with no direction change.
	Skidded Turns	Tail takes larger arc than nose. Skid occurs due to twist and pivot at initiation & control of the turn. Continuous steering in addition to pressure and tilt causes direction change. Shaping of turn, along with skid friction, controls speed.
	Carved Turns	Tail follows nose through same arc w/ minimal skid. Using tilt & pressure applied to board's sidecut from initiation through finish, centripetal & centrifugal forces create shaping, direction change, and speed control.
Size	Small	Radius of turn is less than 1 snowcat's width
	Medium	Radius of turn is 2-3 snowcat's width
	Large	Radius of turn is greater than 3 snowcat's width
Shape	Open	Board predominately points downhill at the end of the turn
	Closed	Board predominately points across the hill at the end of the turn
Symmetry	Apex to Apex	Turn size and shape is similar from toeside to heelside and heelside to toeside
	Transition to Transition	Top of turn is similarly shaped and sized as bottom of turn

MOVEMENT PATTERNS		Body-Specific Interactions
Flexion Patterns	Most Extended	Rider is extending through the finishing phase of the turn to a "most" extended position (more than any other)
	Most Flexed	Rider is flexing through the finishing phase of the turn to a "most" flexed position (more than any other)
	Retraction - Active	Rider rapidly and intentionally flexes leg joints causing the rider to be more flexed at edge change
	Retraction - Passive	Board is rapidly pushed back into an absorptional body position (most flexed) at edge change due to terrain
Rotation Patterns	Aligned	Body's joints are aligned symmetrically with the ones below it: ankles, knees, hips, lumbar, thoracic (not cervical).
	Anticipatory Separation	Upper body rotates towards direction of intended travel, separate from, and without affecting, the lower body. Usually in anticipation of lower body eventually steering back under to realign.
	Prewind	Upper body rotates in opposite direction of intended travel, separate from, and without affecting, the lower body. Followed by quick reversal of rotation towards intended travel, w/ lower body following the arms at a quicker rate (360s).
	Counter Rotation	Upper body, starting at or above the pelvis, moves against the lower body, in opposite, often in counter-balance.
	Level 2 Separation	Lower body actively steers board into & out of fall-line, upper body is mostly separated except at or near fall-line. Heel and toeside turns should show similar patterns.
	Level 3 Separation	Lower body actively steers board into & out of fall-line, separate from a stable upper lower body that remains anchored to fall-line and perpendicular to slope.

*** BEGINNER ZONE - May be adjusted based on terrain and lesson requirements - Assessment may occur during Teach Module		
Flat Area: 1-Footed, No Direction Change	Balance & Stance	Board on or off, any stationary activity moving COM over axis of board, or moving board under COM; edging, rotary, F&E
	Skating	Heel & toeside w/ flat base; slide nose in direction of travel w/ tail following; small steps, keep back foot between bindings
	Straight Glide	1) Skate to a glide & 2) Step on to a glide; nose first, back foot against inside of back binding to a flat base into fall line
1-Footed, Direction Change	J-Turn - Skidded	Heel & toe; from flat base pointed into fall line use twist & rotation to turn across & even uphill w/ skid to slow and stop
	J Turn- Carved	Heel & toe; from flat base in fall line, use progressive low edged tilt to turn across hill w/out skid to slow and stop
	Getting on/off lift	From seated, move COM to set board into fall-line, stand up w/ back foot on board, shift COM to front foot into straight glide
2-Footed, No Direction Change	Traverses (toe & heel)	From set edge across fall line, shift COM towards nose, board slips diagonally across fall line w/ minimal vertical loss
	Sideslips (toe & heel)	From set edge across fall line, w/ COM centered, lower downhill edge to slips directly into fall line without direction change
	Garlands (toe & heel)	From across fall line, use twist to direct nose downhill; turn back by increasing edge angle; downhill edge never touches
2-Footed, Direction Change	Falling Leaf (toe & heel)	From across fall line, use twist to point nose & diagonally slip downhill; shift COM to other foot to cause direction change
	C-Turns (toe & heel)	From across fall line, use twist to start, then slowly pivot & tilt to shape & complete turn onto opposite edge across fall line
	S-Turns	Connect C turns, from toe to heel & heel to toe, medium to large radius, mostly closed, symmetrical, and controlled

SAMPLE VERSATILITY TASKS	
Toe-to-Toe On-Snow 180s	Initiated while carving toeside across fall-line. Roll to heel edge and rotate frontside into an on-snow 180 with centered pivot point. Roll back to toes and finish turn by carving across fall-line. Repeat, switch-to-forward.
Toe-to-Toe Air 180s	Initiated while carving across fall-line. Pop off both feet from uphill toe-edge and rotate frontside 180 degrees in air with centered pivot point. Land across fall-line two-footed on downhill toe edge and finish turn by carving across fall-line. Repeat, switch-to-forward.
Heel-to-Heel On-Snow 180s	Initiated while carving heelside across fall-line. Roll to toe edge and rotate backside into an on-snow 180 with centered pivot point. Roll back to heels and finish turn by carving across fall-line. Repeat, switch-to-forward
Heel-to-Heel Air 180s	Initiated while carving across fall-line. Pop off both feet from uphill heel-edge and rotate backside 180 degrees in air with a centered pivot point. Land across fall-line two-footed on downhill heel edge and finish turn by carving across the fall-line. Repeat, switch-to-forward.
Pivot Slips	In a narrow corridor, keep shoulders anchored into fall-line while rotating board upon a centered pivot point 180° from edge to edge w/ consistent speed control. Can be modified to show no vertical movement, or used to show variation of flexion-initiated movement patterns.
Leapers	Two-footed pop off uphill edge landing on downhill edge during large radius carved turns. Takeoff and landing should be across fall-line showing no rotation. Board moves slightly uphill while upper body moves downhill to create counterbalance upon landing.
Funnel Turns	A series of turns of various sizes and/or shapes to form a "funnel", "pyramid", "diamond" or "hour-glass" depending on desired outcome. Change requires manipulation of DIRT and rotational movement patterns.
Hanger Turns	While traveling across fall-line on uphill edge, make lateral hip movement to briefly touch entire downhill edge (not a garland) before returning to uphill edge. Travel should continue across hill before making a turn onto new uphill edge.
Dolphin Turns	While traveling across fall-line in medium turns, use fore-aft retraction (rather than ollie) to take off tail of uphill edge and then land on nose of the downhill edge, subsequently initiating new turn and a change of direction. Variations of turn shape can occur depending on terrain pitch.

FREESTYLE: PARK JUMPS	
Straight Air	Use appropriate speed to create clean pop when back foot reaches jump's lip. While airborne, retract legs to bring up knees. Extend legs to set board down evenly in landing zone, then flex to absorb landing. All retraction, no grab. Ollie or two-foot pop dependent on feature's shape.
Shifty	Use appropriate speed to create clean pop when back foot reaches jump's lip. While airborne, retract legs to bring up knees. Use rotational separation to pivot board in opposition to upper body. Release rotation while extending legs to set board down evenly in landing zone. Flex to absorb landing.
Grab	Use appropriate speed to create clean pop when back foot reaches jump's lip. While airborne, retract legs to bring up knees to easily reach for board and show a strong hold. Extend legs to set board down evenly in landing zone. Flex to absorb landing.
180	Use appropriate speed & edge to set clean line in approach. When back foot reaches jump's lip, show clean pop. Begin upper body rotation. Continue rotation while retracting and rotating legs to complete 180°. Extend legs to set board evenly in landing zone with body aligned. Flex to absorb landing.
360	Use appropriate speed & edge to set clean carve into approach. Move into slight prewind before the jump's lip. When back foot reaches lip, show clean pop & begin rotating upper body into desired direction of spin. While retracting legs, continue rotating upper body. Complete full 360° using lower body rotation. Extend legs to set board evenly in landing zone, setting slight edge to stop rotation. Flex to absorb landing.

FREESTYLE: BOXES / RAILS	
50/50	Use alignment & even pressure, ride over box/rail feature in forward direction. Demonstrate control to travel parallel w/ box w/out drifting across. If a suitable narrow box is available, this will be chosen over a "butter-box".
Pivot OR Pressure	(Level 2) ONLY ONE maneuver required: 1) Use separation & rotation: boardslide, 45°-90°, across box or rail feature. <u>OR</u> 2) In alignment w/ fore-aft pressure: nose or tail press across box. Always approaching & exiting in forward direction.
Pivot AND Pressure	(Level 3) BOTH maneuvers required: 1) Use separation & rotation: boardslide, 60°-90°, across box or rail feature. <u>AND</u> 2) In alignment w/ fore-aft pressure: nose or tail press across majority of box or rail. Maneuvers can be completed together in one trick, or independently as 2 separate tricks. Always approaching and exiting in forward direction.

FREESTYLE: HALFPIPE / TRANSITIONAL FEATURES	
Edge Change in Transition	In smooth skidded turns through feature's transition, showing quick flexion from a most extended position at edge change
Air Edge Change: Bottom of Vert	Two footed take off at bottom of vert zone, releasing edge while most extended and retracting legs quickly. Pivot board midair, landing on new uphill edge. Progressive anticipatory upper body rotation through the top of transition.
Air Edge Change: At Lip or Above	Manage line choice and control magnitude of pressure to get to pipe lip. Retracting legs in air, show an aired edge change with board's pivot point at lip, landing on new uphill edge to set direction to next wall. Progressive anticipatory upper body rotation through vert.