

## SNOWBOARD DEVELOPMENT: LEVEL 7 (MAIN SLOPE)

Minimum Standard: Completed  
Improver Level 6 goals

- ■ ◆ Development of early edge change
- ■ ◆ Development of grip and pressure
- ■ ◆ Varying turn shape and size

Instructor

Date

YOU'RE READY TO MOVE ON



## SNOWBOARD DEVELOPMENT: LEVEL 8 (MAIN SLOPE)

Minimum Standard: Completed  
Development Level 7 goals

- ■ ◆ Sliding with a flat base
- ■ ◆ Pops off a flat base
- ■ ◆ Introduction to presses
- ■ ◆ Ollies off a flat base

Instructor

Date

YOU'RE READY TO MOVE ON



• **CONGRATULATIONS** •

YOU HAVE COMPLETED THE DEVELOPMENT COURSE! WHY STOP THERE? WE HAVE A RANGE OF COACHING SESSIONS TO PUSH YOUR SNOWBOARDING FURTHER.

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### KEY

- WORKING ON IT ■ ALMOST THERE ◆ GOT IT

## SNOWBOARD DEVELOPMENT: LEVEL 8 (MAIN SLOPE)

Minimum Standard: Completed  
Development Level 7 goals

- ■ ◆ Introduction to switch
- ■ ◆ Consistently linking turns on the Lower Main Slope in switch
- ■ ◆ Consistently linking turns on the Upper Main Slope in switch

Instructor

Date

YOU'RE READY TO MOVE ON



## COACHING SESSIONS

- Introduction to Freestyle
- Pre-Instructor Training

# SNOWBOARD PROGRESS CARD



NAME:

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**CHILL  
FACTOR**

## SNOWBOARD FUN TASTER: (LOWER BEGINNER SLOPE)

- ■ ◆ Introduction to equipment
- ■ ◆ Sliding on the flat
- ■ ◆ Climbing up a small section of the slope
- ■ ◆ Sliding down a small section of the slope with one foot strapped into the board with balancing exercises

Instructor

Date

YOU'RE READY TO MOVE ON 

## SNOWBOARD BEGINNER: LEVEL 2 (BEGINNER SLOPE)

Minimum Standard: Completed Beginner Level 1 goals

- ■ ◆ Travelling diagonally across the slope on toe edge
- ■ ◆ Travelling diagonally across the slope on heel edge
- ■ ◆ Steering to straight and back on the toe edge
- ■ ◆ Steering to straight and back on the heel edge

Instructor

Date

YOU'RE READY TO MOVE ON 

### KEY

● WORKING ON IT ■ ALMOST THERE ◆ GOT IT

## SNOWBOARD BEGINNER: LEVEL 1 (BEGINNER SLOPE)

Minimum Standard: Complete Beginner or completed Fun Taster

- ■ ◆ Controlling speed on toe edge
- ■ ◆ Controlling speed on heel edge

Instructor

Date

YOU'RE READY TO MOVE ON 

## SNOWBOARD BEGINNER: LEVEL 3 (BEGINNER SLOPE/MAIN SLOPE)

Minimum Standard: Completed Beginner Level 2 goals

- ■ ◆ Steering from toe to heel edge (heel-side turn)
- ■ ◆ Steering from heel to toe edge (toe-side turn)
- ■ ◆ Linking turns consistently on Beginner Slope
- ■ ◆ Introduction to the button lift on the Main Slope

Instructor

Date

YOU'RE READY TO MOVE ON 

## INSTRUCTOR RECOMMENDATION

- **Snowboard Improver Lessons** to build your confidence and practice your turns
- **Snowboard Private Lessons** to cater for your individual requirements
- **Lift Pass** to practice what you have learnt and build confidence on the Lower Main Slope

## SNOWBOARD IMPROVER: LEVEL 4 (BEGINNER SLOPE/MAIN SLOPE)

Minimum Standard: Completed Beginner Level 3 goals

- ■ ◆ Consistently and smoothly linking turns on the Lower Main Slope
- ■ ◆ Controlling speed by using turns of various shapes and sizes

Instructor

Date

YOU'RE READY TO MOVE ON 

## SNOWBOARD IMPROVER: LEVEL 6 (MAIN SLOPE)

Minimum Standard: Completed Improver Level 5 goals

- ■ ◆ Influencing turn shape and size on the Upper Main Slope
- ■ ◆ Consistently and confidently linking turns from the top of the Main Slope
- ■ ◆ Introduction to changing edge earlier in the turn with more grip

Instructor

Date

YOU'RE READY TO MOVE ON 

## SNOWBOARD IMPROVER: LEVEL 5 (MAIN SLOPE)

Minimum Standard: Completed Improver Level 4 goals

- ■ ◆ Controlling speed from the top of the Main Slope on either edge
- ■ ◆ Completing one controlled turn at a time on the Upper Main Slope
- ■ ◆ Linking turns on the Upper Main Slope

Instructor

Date

YOU'RE READY TO MOVE ON 

## INSTRUCTOR RECOMMENDATION

- **Snowboard Development Lessons** to develop your technique further
- **Snowboard Private Lessons** to cater for your individual requirements
- **Lift Pass** to practice what you have learnt and build confidence

• **CONGRATULATIONS** •  
YOU HAVE COMPLETED THE BEGINNER COURSE!

• **CONGRATULATIONS** •  
YOU HAVE COMPLETED THE IMPROVER COURSE!