

# JUNIOR SNOWBOARDER

## LEARNING JOURNEY



### LEVEL 1A - BEGINNER

- ☐ I understand my equipment and slope etiquette
- ☐ I've tried some one foot skills
- ☐ I have started to develop balance and posture
- ☐ I can do a heel edge side slip with some assistance
- ☐ I can do a toe edge side slip with some assistance

REPEAT  
COMPLETED  
INSTRUCTOR  
DATE

Comments

### LEVEL 1B - CONTROL OF SPEED

- ☐ Recap skills from Level 1a
- ☐ I can do a heel edge side slip without assistance
- ☐ I can do a toe edge side slip without assistance
- ☐ I can safely descend the Lesson Slope
- ☐ I am confident controlling my speed

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### LEVEL 2 - MOVEMENT AND CHANGE OF DIRECTION

- ☐ Recap skills from Level 1
- ☐ I can use weight-shift to change direction
- ☐ I can toe edge diagonal side slip to the left and right
- ☐ I can heel edge diagonal side slip to the left and right
- ☐ I am starting to steer my board steeper down the slope and back
- ☐ I can change my direction and control my speed on either edge with no assistance
- ☐ I can use the Lesson Slope lift (The Magic Carpet)

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### LEVEL 5 - MAIN SLOPE CONFIDENCE

- ☐ Recap Skills from Level 4
- ☐ I am competent using the Main Slope button lift
- ☐ I am starting to make adjustments for varying terrain
- ☐ I am starting to link turns on the upper part of the Main Slope
- ☐ I can safely descend from the top of the Main Slope
- ☐ I can control speed & direction, perform controlled linked turns and stop when required

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### LEVEL 4 - LINKING TURNS

- ☐ Recap skills from Level 3
- ☐ I have been shown how to use the Main Slope button lift
- ☐ I have been introduced to linked turns by travelling diagonally across the slope
- ☐ I am aware of the Slope Code of Conduct
- ☐ I can Snowboard on the lower part of the Main Slope

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### LEVEL 3 - BASIC TURNS

- ☐ Recap Skills from Level 2
- ☐ I can steer down the slope & back across on the same edge (Falling leaf)
- ☐ I can turn from toe edge to heel edge
- ☐ I can turn from heel edge to toe edge
- ☐ I can consistently make basic turns from the top of the Lesson Slope

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### LEVEL 6 - ADVANCING TO COACHING

- ☐ Recap Skills from Level 5
- ☐ I am consistently linking my turns from the top of Main Slope
- ☐ I can vary my turn shape and size
- ☐ I am working on developing my posture and range of movement on the board
- ☐ I am starting to ride with more flow

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### SKILLS DEVELOPMENT COACHING

I'm confident on the Main Slope or I have completed Level 6 and had some time to practice the skills I have learnt. Your coaches will guide you over multiple sessions to develop on going performance including techniques to dealing with varied terrain, refining posture and improving steering skills.

Comments

## NEXT STEPS - ASK US ABOUT...

### PRIVATE LESSONS

Whether you want to whizz through the levels or build your confidence slowly, learn at your own pace with a Private Lesson.

### FREESTYLE

Jump, slide and spin on our freestyle features. If you want to learn the latest tricks, come along to one of our freestyle sessions.

### MOGULS

Things will get bumpy when you hit the moguls! Make sure your technique is sharp for hitting one of these sessions!

