

# Snowboard First Time Experience Goals 23-24

Goals & Terrain	Suggested Experiences	Body / Board
<b>Connecting with Guests</b> (lesson meeting area)	<ul style="list-style-type: none"> <li>· Introduce self and students</li> <li>· Ask about motivations interests and goals</li> <li>· Check equipment - does the equipment fit? Boots tight?</li> <li>· Establish lesson outcome with students</li> </ul>	Equipment should be well fitting and sized appropriately. Boots are snug and secure. Boots match binding size.
<b>Moving in the Flats</b> (in a flat area)	<ul style="list-style-type: none"> <li>· Find an Athletic Stance</li> <li>· Explore movements in boots</li> <li>· Explore movements with board (press, hop, tilt, twist, pivot)</li> <li>· Skating</li> </ul>	<ul style="list-style-type: none"> <li>· Explore body movements and board performances</li> <li>· <b>PRESSURE</b> is directed over front foot while skating</li> </ul>
<b>Moving on a Slope</b> (gentle slope to a runout or return wall)	<ul style="list-style-type: none"> <li>· Identify the Fall Line/Downhill and Across Fall Line</li> <li>· Straight Glide</li> <li>· Walking uphill, sidestepping</li> </ul>	<ul style="list-style-type: none"> <li>· Lower body joints are equally flexed while sliding, board is flat</li> <li>· Balance is between both feet while sliding</li> </ul>
<b>Changing Direction</b> (gentle slope to a runout or return wall)	<ul style="list-style-type: none"> <li>· Straight glide to a gentle edge, toe and heel</li> <li>· J Turn, start with the board facing downhill, then steer the board across the hill</li> <li>· Traversing</li> </ul>	<ul style="list-style-type: none"> <li>· All joints move to allow the rider to balance over the edge, board <b>TILTS</b> slightly</li> <li>· Front leg steers into the turn then back leg follows to <b>PIVOT</b> the board</li> </ul>
<b>Controlling Speed</b> (gentle slope to a runout or return wall)	<ul style="list-style-type: none"> <li>· Top of the Turn, start with board across the hill, then steer downhill into the fall line</li> <li>· C Turns, start across the hill turn into fall line and turn across fall line to a complete stop, practice on both toe and heel</li> </ul>	<ul style="list-style-type: none"> <li>· Front leg steers board then back leg follows</li> <li>· Leg rotates in hip socket, ankles and knees bend and unbend to <b>TWIST</b> the board</li> </ul>
<b>Riding a Surface Lift:</b> Ballroom carpet	<ul style="list-style-type: none"> <li>· Ticket left pocket, no phone or credit cards</li> <li>· Observe loading</li> <li>· Describe unloading, and where to meet at the top</li> </ul>	<ul style="list-style-type: none"> <li>· Body and board are aligned while riding the surface lift, board is flat</li> <li>· Encourage guests to stand, not walk on lift while riding</li> </ul>
<b>Riding on a Continuous Slope</b> (continuous gentle to moderate slope)	<ul style="list-style-type: none"> <li>· Sideslipping, toe and heel</li> <li>· Traversing, toe and heel</li> <li>· Garlands</li> <li>· C turns &amp; Linking Turns</li> </ul>	<ul style="list-style-type: none"> <li>· Movements are generated from lower body (ankles, knees, hips) to create board performance</li> <li>· Leg rotates in hip socket, ankles and knees bend and unbend to <b>TWIST</b> the board</li> </ul>
<b>Riding a Chairlift</b> (Practice chair, Buttercup Lift Line Area)	<ul style="list-style-type: none"> <li>· Practice chair</li> <li>· Observe Buttercup loading, skate in lift line</li> <li>· Describe unloading, straight glide off</li> <li>· Describe meeting area at the top</li> </ul>	<ul style="list-style-type: none"> <li>· Slide onto carpet with board pointed straight ahead</li> <li>· Unload with board and body aligned</li> </ul>
<b>Refine and Maintain Control</b> (continuous gentle to moderate slope)	<ul style="list-style-type: none"> <li>· Linking turns of varying sizes</li> <li>· Managing speed</li> <li>· Open vs closed turns</li> <li>· Building skills for new terrain</li> </ul>	<ul style="list-style-type: none"> <li>· Bend and unbend ankles knees, hips and spine to manage the boards <b>PRESSURE</b> as speed changes</li> </ul>

### Snowboard First Time Experience Goals – Notes

Goals	Indoor	On Snow Day 1	On Snow Day 2	Team Teach
Connecting with Guests				
Moving in the Flats				
Moving on a Slope				
Changing Directions				
Controlling Speed				
Riding a Surface Lift				
Riding on a Continuous Slope				
Riding a Chairlift				
Refined & Maintain Control				