

Snowboard First Time Experience - Quick Glance

1. Introduction	Flat area away from traffic, no sliding
2. Boot work	
3. Board work	
4. Skating	1-footed sliding activities on Lower Carpet **Very gentle, shallow pitch to flat**
5. Sidestep	
6. Straight glide	
7. J-Turns	
8. Quick Stop	
9. Load the carpet	
10. Strapping/ Standing up	2-footed sliding activities on Middle or Upper Carpet **Longer or steeper terrain (<u>not both</u>)**
11. Sideslips	
12. Traverses	
13. Flipped Js/ Shimmies	
14. C-Turns & Linked C-Turns	
15. Practice Chair/Buttercup Load	2-footed activities on Buttercup
16. Review Sideslips	
17. Review Traverses	
18. Review C-Turns	
19. Introduce Garlands	
20. Linked C-Turns	