



AIR PORTFOLIO

Air 1 ♦ Air 2 ♦ Air 3 ♦ Air 4

Competition Introduction - Evaluation

FREESTYLE CANADA

Version 1.0
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INTRODUCTION

Due to modifications to the Air pathway (Competition Introduction), the Air portfolio is one of the requirements needed to be certified as an Air coach, Mogul coach and/or Park & Pipe coach. The addition of this step has been mandated by the Coaching Association of Canada and supported by Freestyle Canada.

The Air portfolio is mandatory to be a Competition Introduction Certified Coach, however it is not required to coach inverted maneuvers.

For example, a coach who is certified for Air 1, Air 2, Air 3 and Air 4 can coach inverted maneuvers on trampoline, water ramp, air bag and on snow even if he/she doesn't have the Air portfolio completed. The Air portfolio is only needed for the coach to be certified in the Comp Intro context overall.

The following document outlines all the information required to design your Air portfolio. If you have any questions, please contact Sabrina Guérin: sabrina@freestylecanada.ski

COMPETITION INTRODUCTION PATHWAY

Competition-Introduction Moguls Coach

4756 In Training Moguls Pending

NAME: In Training Moguls

STATUS: Pending

PATHS: 1 +

- T 4893 Moguls
- T 5149 Making Head Way in Freestyle Ski

CUTOFF: 01/01/2099 DELETED

4757 Trained Moguls Pending

NAME: Trained Moguls

STATUS: Pending

PATHS: 1 +

- T 211 Make Ethical Decisions
- T 213 Teaching and Learning
- T 214 Planning a Practice
- T 4871 Air 1
- T 4873 Air 2
- T 4892 Skiing Skillz
- T 4893 Moguls
- T 5149 Making Head Way in Freestyle Ski
- T 12684 Air 3
- T 12687 Air 4

CUTOFF: 01/01/2099 DELETED

4758 Certified Moguls Pending

NAME: Certified Moguls

STATUS: Pending

PATHS: 1 +

- E 4978 Skiing Skillz Evaluation
- E 5010 Moguls Evaluation
- E 8601 Make Ethical Decisions Online Evaluation
- E 12238 Air Portfolio Evaluation
- E 14034 Air 1 Evaluation
- E 14040 Air 2 Evaluation
- E 14041 Air 3 Evaluation
- E 14044 Air 4 Evaluation

CUTOFF: 01/01/2099 DELETED



Competition-Introduction Park & Pipe Coach

4711 In Training Park & Pipe Pending

NAME

STATUS

PATHS

1 +

- T 4890 Park and Pipe
- T 5149 Making Head Way in Freestyle Ski

CUTOFF DELETE

4710 Trained Park & Pipe Pending

NAME

STATUS

PATHS

1 +

- T 211 Make Ethical Decisions
- T 213 Teaching and Learning
- T 214 Planning a Practice
- T 4871 Air 1
- T 4873 Air 2
- T 4890 Park and Pipe
- T 5149 Making Head Way in Freestyle Ski
- T 12684 Air 3
- T 12687 Air 4

CUTOFF DELETE

4755 Certified Park & Pipe Pending

NAME

STATUS

PATHS

1 +

- E 4891 Park and Pipe Evaluation
- E 8601 Make Ethical Decisions Online Evaluation
- E 12238 Air Portfolio Evaluation
- E 14034 Air 1 Evaluation
- E 14040 Air 2 Evaluation
- E 14041 Air 3 Evaluation
- E 14044 Air 4 Evaluation

CUTOFF DELETE



Competition-Introduction Air Coach

4778 In Training Air Pending

NAME In Training Air

STATUS Pending

PATHS

1 +

- T 4871 Air 1
- T 5149 Making Head Way in Freestyle Ski

CUTOFF 06/01/2099

DELETE

4709 Trained Air Pending

NAME Trained Air

STATUS Pending

PATHS

1 +

- T 211 Make Ethical Decisions
- T 213 Teaching and Learning
- T 214 Planning a Practice
- T 4871 Air 1
- T 4873 Air 2
- T 5149 Making Head Way in Freestyle Ski
- T 12684 Air 3
- T 12687 Air 4

CUTOFF 10/17/2099

DELETE

4754 Certified Air Pending

NAME Certified Air

STATUS Pending

PATHS

1 +

- E 8601 Make Ethical Decisions Online Evaluation
- E 12238 Air Portfolio Evaluation
- E 14034 Air 1 Evaluation
- E 14037 Air 2 Evaluation
- E 14041 Air 3 Evaluation
- E 14044 Air 4 Evaluation

CUTOFF 01/01/2099

DELETE

AIR PORTFOLIO

Eligibility

To be eligible to submit your Air portfolio to Freestyle Canada, you need to be certified in all of the Air courses. The following courses must be completed in your Locker:

- Air 1 Evaluation
- Air 2 Evaluation
- Air 3 Evaluation
- Air 4 Evaluation

Content

All of 5 sections of the Air portfolio need to be submitted at the same time, in one document and by email.

Section 1: Coach profile

In this section, you will need to submit:

- Name
- NCCP number
- Club/Organization
- Athlete's program that you are coaching (Fundamentalz, Freestylerz, CanFree Team, Provincial Team, National Team)

Section 2: Emergency Action Plan

In this section, you will need to submit an emergency action plan like you have learned to do in your coaches' courses. The 6 critical elements of the emergency action plan will need to be presented as well as a description of the specific procedure that you will use if an injury/incident occurs.

This plan can be done for the environment of your choice: trampoline, water ramp, air bag or on-snow.

Section 3: Practice plan

In this section, you will need to submit a practice plan as explained in previous coaching courses. Make sure your practice plan includes:

- The environment of the practice (trampoline, water ramp, air bag or on snow).
- The athlete's performance level.
- The practice goals.

- The location of the practice in the seasonal plan.
- A detailed description of the proposed activities in the main segments of the practice (intro, warm-up, main part, cool-down, conclusion).
- The duration of each segments of the practice.
- The coaching points related to each of the activity (what the coach will be looking for).

Section 4: Copy of an Air Qualification form

In this section, you will need to provide a copy of an Air Qualification form. You will need to find the form and filled it out correctly (as show in your Air 3 and Air 4 courses). The air qualification can be done for an inverted jump of your choice on the water ramp, air bag or on snow.

On the Air qualification form, provide the following explanations:

- How many of that qualified jump did the athlete do before the qualification day?
- How many of that athlete qualified jump did you coach/see before doing the qualification?

Section 5: Progression for teaching one on-axis and one off-axis maneuvers

In this section, you will need to provide the proposed progression for teaching:

- One on-axis inverted maneuvers of your choice
- AND**
- One off-axis inverted maneuvers of your choice

For each maneuver, you will need to identify:

- The chosen maneuvers.
- The level of your athlete.
- The technical progression on trampoline, water ramp/air bag and on snow.
- The time frame of the progression (time needed, volume needed, frequency of the training).
- Three elements that could put your athlete at risk and how you will manage those risks (environment, equipment, fear, weather condition, sites, etc).

Process to follow

Once your four Air Evaluation are enter in your Locker, you can submit your Air Portfolio to Freestyle Canada at: sabrina@freestylecanada.ski

The document that you will submit must contain the 5 sections described above. The document can be written in English or in French.

Up to 6 weeks may be needed to complete the evaluation of your Air portfolio. If the evaluator has any questions around your submission, he/she will contact you.

Evaluation grid

Sections	Details	Below standards	Meet standards
2- Emergency Action Plan	The emergency plan presents the 6 critical elements		
	Locations of telephones (cell and land line). Emergency telephone numbers. Location of medical profile for each athlete. Location of first-aid kit. Advance «call person» and «charge person». Directions or map to reach the activity site.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
3- Practice Plan	Description of the procedure in case of an accident.		
	The accident is identified. The most important steps of the procedure are described. The steps of the procedure are appropriate and in the right order.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
3- Practice Plan	The practice plan presents		
	Environment of the practice. Athlete's performance level. Practice goals. Location of the practice in the season planning.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
3- Practice Plan	The proposed activities/exercises		
	Are well detailed. Are identified in the right segment of the practice. Have an adequate timeline.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

	<p>Are well chosen for the goal of the practice and the level of the athletes.</p> <p>Are aligned with the coaching points.</p>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
4- Air Qualification Form	All the sections of the form are completed as required.	<input type="checkbox"/>	<input type="checkbox"/>
	The athlete has done the minimum number of jumps required before attending the qualification.	<input type="checkbox"/>	<input type="checkbox"/>
5- Progression for teaching an On-axis and Off-axis maneuvers	<p>On-axis maneuver</p> <p>The maneuver is chosen adequately according to the level of the athlete and is part of the Air courses.</p> <p>The trampoline progression is well detailed, safe and appropriate for the chosen maneuver.</p> <p>The air bag or water ramp progression is well detailed, safe and appropriate for the chosen maneuver.</p> <p>The progression on snow is well detailed, safe and appropriate for the chosen maneuver.</p> <p>The timeframe for the overall progression is appropriate.</p> <p>The proposed solutions to avoid the possible identified risks (3) represent the <u>best</u> solutions.</p>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	<p>Off-axis maneuver</p> <p>The maneuver is chosen adequately according to the level of the athlete and is part of the Air courses.</p> <p>The trampoline progression is well detailed, safe and appropriate for the chosen maneuver.</p> <p>The air bag or water ramp progression is well detailed, safe and appropriate for the chosen maneuver.</p> <p>The progression on snow is well detailed, safe and appropriate for the chosen maneuver.</p> <p>The timeframe for the overall progression is appropriate.</p> <p>The proposed solutions to avoid the possible identified risks (3) represent the <u>best</u> solutions.</p>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Air portfolio		<input type="checkbox"/>	<input type="checkbox"/>

