

## CFSA Air Module Overview – v. Jan. 2012

### **Air Module 1: ( Basic Acrobatics on Trampoline )\***

**Goal:** Introduce acrobatic/gymnastic foundational skills.

**Equipment:** Comfortable athletic clothing – full legs – no jeans.

Performance expectations: Demonstrate basic uprights, hand, front knee, seat drop, and invert progression moves and spotting introductory inverts with good control and form.

**Prerequisites:** CFSA membership license – Good Basic Tramp Skills (see skills at *HYPERLINK* "<http://www.canfreestyle.com/wiki/>"<http://www.canfreestyle.com/wiki/>)

**Equivalents:** Gymnastics Canada Tramp 1

**How to Find a Course:** Contact local PSO

**Recommended Cost:** \$225

**Number of Days:** 2

**Coach Scope of Practice on Completion of Competency Evaluation and Certification:** The coach competency evaluation form will specify if coach is ready to supervise just basic moves with no inverts or also if ready to coach/spot introductory inverts (front tuck/back tuck/corked 720 (Air 2A)).

### **Air Module 2A and B: ( Advanced Acrobatics on Trampoline)\***

**Goal:** Teach advanced acrobatics/gymnastic skills up to twisting singles

**Equipment:** Comfortable athletic clothing with full legs – no jeans.

**Performance Expectations:** Understand basic tramp acrobatic mechanics and invert progressions. Are able to handspot athletes on trampoline up to front and back tuck position prior to workshop. Candidates will be asked to attempt inverted manoeuvres progressions, demonstrate knowledge of moves and progressions through coaching. (see skills at *HYPERLINK* "<http://www.canfreestyle.com/wiki/>"<http://www.canfreestyle.com/wiki/> )

**Prerequisites:** Air 1 or Gymnastics Tramp 1, CFSA membership license

**Equivalents:** Gymnastics Canada Tramp 2 + update + evaluation

**How to Find a Course:** Contact local PSO

**Recommended Cost:** \$225

**Number of Days:** 2

**Coach Scope of Practice on Certification:** The coach competency evaluation form will specify if there are any exclusions to being able to coach any single inverted spinning moves covered in the Air 2 material including Cork, Misty, Rodeo, Flat Spin, Loop and Classic Category moves.

**NOTE\*** Any "A" designation is to teach intro inverted skills only including Front and Back Tuck and Cork 720.

### **Air Module 3A and B: ( Introduce Air 2 Skills with Skis in a Training Facility)**

**Goal:** Teach advanced acrobatics/gymnastic skills up to twisting singles on a water ramp and/or air bag facility.

**Equipment:** Ski Clothing, Freestyle Ski Equipment, Helmet

**Performance Expectations:** Have a good understanding of all air 2 moves and mechanics.

Candidates will be asked, but not required, to attempt inverted manoeuvres and progression and demonstrate knowledge of moves and progressions through coaching.

**Prerequisites:** Air 2, CFSA membership license

**Equivalents:** Gymnastics Canada Tramp 2 + Air 2 update + evaluation (available summer 2012)

**How to Find a Course:** Contact local PSO

**Recommended Cost:** \$300

**Number of Days:** 3 (2 Air Bag + 1 Water OR 2 Water + 1 Air Bag)

**Coach Scope of Practice on Certification:** The coach competency evaluation form will specify if there are any exclusions to being able to coach any single inverted spinning moves covered in the

Air 2 material including Cork, Misty, Rodeo, Flat Spin, Loop and Classic Category moves. A "Trained" Air 3 may operate an air training facility with PSO and CFSA approval.

#### **Air Module 4A and B: (Introduce Air 2 Skills with Skis on Snow)**

**Goal:** Teach advanced acrobatics/gymnastic skills up to twisting singles in all environments on snow. Air 4 A and B CAN BE DELIVERED AS 2 SEPARATE COURSES.

**Equipment:** Ski Clothing, Freestyle Ski Equipment, Helmet

**Performance Expectations:** Have a good understanding of all air 2 moves and mechanics.

Candidates must demonstrate knowledge of moves and progressions and high quality risk management practices through coaching.

**Prerequisites:** Air 3, CFSA membership license

**Equivalents:** Level 2 Air Coach (OLD) + air 2 + Air 3 & 4 update.

**How to Find a Course:** Contact local PSO or CFSA

**Recommended Cost:** \$225

**Number of Days:** Minimum 2 (1 Intro Skills + 1 (or more) advanced skills.)

**Coach Scope of Practice on Certification:** The coach competency evaluation form will specify if there are any exclusions to being able to coach any single inverted spinning moves covered in the Air 2 material including Cork, Misty, Rodeo, Flat Spin, Loop and Classic Category moves. A "Trained" Air 4 may operate an air training facility with PSO and CFSA approval.

**CFSA will introduce Air 1 Skills 1 day sessions starting spring 2012 to prepare candidates for the Air Modules, and Air 2 Skills 1 day sessions summer 2012 which can be used as Professional Development and/or updates for old Level 2 Air /old Tramp 2 coaches. Coaches must notify LF in advance if they wish to be evaluated for an update.**

\*Air 1 and 2 have been developed in cooperation with Gymnastics Canada and have been approved by CSA/CFSA for delivery to CFSA coaches. There will be a full review and update of the Air 1 content in cooperation with Gymnastics Canada in winter 2011/2012.

These courses will be delivered to various acrobatic sports in the future and it has been targeted to create facility access and certifications agreements through 2011/12 through the Canadian Acrobatics Sports Group.

#### **NEW AIR 4 MODULE SYSTEM**

Air 4 has 3 tiers of certification which define the scope of practice – this dictates what moves/ environments a coach can train with his/her athletes:

##### **Air 4 "A"**

Upon completion of tasks (e.g. prior learning, submission EAP) and a minimum one day technical workshop the coach will receive Air 4A "Trained" Status – They are NOT certified to qualify inverts on snow at this point.

Upon the successful Air 4A evaluation - which MAY happen during the technical workshop or in individually with an Air 4A LF - the coach will receive Air 4 A "Certified" status and be able to "Qualify" cork 720, and front and back flips, on water, airbag and snow. (Ability to qualify cork 720, front and back flips on water or air bag is included in Air 3 Trained status.)

##### **Air 4 "B"**

Air 4A is a requirement for Air 4B – BUT the technical workshops may be delivered as a multi-day

bundle if the candidate coaches are assessed by the LF to be ready. Upon completion of tasks (e.g. prior learning, submission EAP) and a technical workshop the coach will receive Air 4 B "Trained" Status – the coach is NOT certified to qualify twisting inverts or off-axis (with the exception of Cork 720) in an open environment at this point.

Upon the successful evaluation - which MAY happen during the technical workshop or in individually with an Air 4B LF - the coach will receive Air 4B "Certified" status and be able to coach single flips with various twists and axis, on water, air bag and snow. Air 4B Coaches will have "Qualifier" status for these moves only for their own athletes.

#### Air 4 "C"

Coaches wishing to coach and qualify "doubles" (in any axis) must apply to CFSA at *HYPERLINK "mailto:coaches@freestyleski.com"coaches@freestyleski.com* for Air 4"C" status who will ask the Master Air Qualifiers to do a competency review. It is preferable that the coach has Gymnastics Tramp 3 and at least 3 years coaching advanced inverts on snow. They should also have completed the new Air 2,3 ,4B modules.

In the future this material and scope of practice will likely be placed in the Comp Dev context.