

RIDE WITH  
**CONFIDENCE**

**POOF!**

Rino falls into a giant pit filled with big foam squares. Just seconds before, he was sailing down a ramp on a skateboard, went off the jump and did a backflip into the foam pit, for fun. Rino is at an indoor practice facility called the Freestyle Academy, high in the mountains of Laax, Switzerland. It's full of jumps, ramps, trampolines and foam pits to help skaters land softly. He's practicing. Not just for skateboarding but for snowboarding too. Because Rino, our fifth kid-athlete, lives at the base of one of the best mountains for trick skiing and snowboarding in the entire world.



Cedi, one of Rino's coaches, shouts across the pit, "Nice, Rino. But spin a little more at the end!" Rino crawls out of the pit, grabs a snowboard and climbs the stairs to the top of the ramp to try another trick. Tomorrow Rino will go up the real mountain and try a new trick he's been working on with his coaches—a 180° on and 180° off a down rail—and he's a little scared to try it.

Snowboarders and skiers can fall and hurt themselves trying tricks, so how does Rino gather the courage to try something new? He's confident. But his confidence didn't come all at once. **RINO'S COACHES HELPED HIM DEVELOP CONFIDENCE BY ENCOURAGING HIM TO START SMALL.** Instead of trying the entire trick at once, they tell Rino to work on the spin first, then the rail, then the landing. If he puts the small steps together,

**CHARACTER QUESTIONS**

1. Name an activity you already have confidence in. What is it?
2. Name a hard or challenging activity. Now, how can you make that big challenge easier by starting small?



he'll land the trick. Plus, in snowboarding, falling isn't failing. In fact, snowboarders learn from their mistakes and try the trick again. That's why Rino trains at the Freestyle Academy—so he can fall again and again and again into the foam pit. Each time he gets a little better, and each time he becomes more confident in himself.

On the mountain the next day, Rino peers over the edge of his snow-covered board, and looks at the ramp and rail below him. He breathes out and his breath puffs white in the cold. The mountains are massive and majestic around him. Everything is quiet until Cedi yells, "So, are you ready?"

Rino breathes one more time and jets down the hill. He curves his board back and forth like a shark, cutting and gliding as he approaches the jump. Leaning back he's lifted into the air, his board leaving the ground, spinning (a 180°!). *GRIND!* His board lands hard onto the rail, and he picks up speed downhill. As he balances his board, he jumps and spins one last time just before he's carried off the rail (a 180°!). As he spins he stares forward to see where he'll land and . . . *SSKKKKKKK* the snow scrapes on his board and he sticks the landing!

Rino throws both hands up and sails down the rest of the mountain, his confidence a little bigger.

*See you at the bottom, Cedi!*

**RINO RIDES WITH CONFIDENCE.**

**CHARACTER PLAY**  
Every great snowboarder and skier started on the "bunny slopes," the easiest part of the mountain. Confidence starts by being good at the smallest challenges.

**DID YOU KNOW?**  
Laax Ski Resort in Switzerland has the largest half pipe in the world.

**ATHLETE SPOTLIGHT**  
Rino loves board sports. He snowboards, skateboards, wakeboards and windsurfs (in the summer, of course).

**WORLD WORDS**  
Switzerland has 4 official languages: Swiss German, French, Italian, and Romansh (the original Swiss language). How do you say "snow" in Swiss German? *Schnee.*





# CHARACTER COUNTS!

## ACADEMIC DOMAIN - MOTIVATION TO LEARN AND GRADUATE

Students value education and enjoy learning and are motivated to do well in school and graduate by the belief that developing learning and intellectual skills and earning their high school diploma will improve their lives and increase their success in college, career and life.

Snowboarding has taught Rino that it takes motivation and hard work to improve at anything. Rino values his practice time at the gym because he knows it will pay off when he snowboards on the mountain.

## ACADEMIC DOMAIN - GROWTH MINDSET

Students approach their education with a growth mindset, believing that with effort and persistence they can get better at anything, including subjects they find difficult or uninteresting.

Rino's coaches teach him that learning new tricks requires small improvements. At first, learning something new is difficult, but with effort and patience, Rino can master things he never thought possible.

## ACADEMIC DOMAIN - COGNITIVE AND CRITICAL THINKING TRAITS AND SKILLS

Students develop and demonstrate progressively complex intellectual traits and cognitive competencies to permit them to achieve their academic potential.

Before Rino can learn a new trick, he has to listen to his coaches and understand what's required. Rino and his coaches have to decide how much he should practice at the gym before he tries it out on the ski slopes. Each new trick he learns builds his snowboarding competencies and becomes the foundation for newer, more complex tricks.



## ACADEMIC DOMAIN - CREATIVITY SKILLS

Students demonstrate creativity and ingenuity by being original (creating something that is new or novel), flexible (willingness and ability to shift perspective), open-minded (ability to "think outside the box" and embrace new experiences and fresh and unique ideas) and practical (ability to put creative ideas into action).

A good snowboarder has a style. They're creative and express themselves by stringing together various tricks. And each new run down the mountain opens up new creative possibilities. The more tricks Rino learns, the more creative he can be.

## SOCIAL & EMOTIONAL DOMAIN - SELF-MANAGEMENT TRAITS AND SKILLS

Students demonstrate self-management skills to channel and control their emotions in a manner that helps them achieve school and life success.

Learning a new trick can be scary. Rino has fallen plenty of times. But Rino knows that it's important to stay calm when trying or retrying a trick. Rino recalls the time he's spent practicing, and it helps him stay focused.