



PSIA-AASI National Adaptive Academy Extended Session

January 6-8, 2021

Clinic Reminders

Clinic Topic: 5 Fundamentals: Beyond the Basics – Augie Young and Norm Staunton

1. Skiing is Skiing, Riding is Riding... Sliding is Sliding. The fundamental movements of skiing or riding don't change for adaptive athletes. Ultimately, ski/board performance is the desired outcome. Don't get overly focused on body mechanics- focus on ski performance and how to achieve it.
2. Fundamental movements become skill related- movements become skills which are used to manage and drive ski/board performance. Don't focus on the skill- focus on performance
3. Five Alpine Fundamental Mechanics:
 - a. Control the relationship of the Center of Mass to the base of support to direct pressure along the length of the skis
 - b. Control pressure from ski to ski and direct pressure toward the outside ski
 - c. Control edge angles through a combination of inclination and angulation
 - d. Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body
 - e. Regulate the magnitude of pressure created through ski/snow interaction
4. NEW Alpine and Ride Standards: A national initiative is under way to align the certification standards across divisions and disciplines. The new standards for Alpine and Snowboard are complete and, just like with movements, the Adaptive standards are based on the Alpine/Ride standards. Check them out at: <https://thesnowpros.org/certification/national-certification-standards/>
5. Fundamental movements take place along the four planes- for/aft; lateral; vertical; sagittal. Any movement (or lack of movement) along one of those planes affects the ski/board performance.
6. D.I.R.T. Duration, Intensity, Rate, and Timing of movements along any of the four planes also affects ski/board performance
7. Playing with any of the movements/planes presents opportunities for learning. Our role is to present opportunities for athletes to adjust DIRT, change a movement, develop a new movement, and adaptive equipment to facilitate a movement, and then to provide feedback on the ski performance

8. Put yourself “out of work.” Consider Tony Hawk. When he pulled the first 900 in competition (watch the video...), no one was there coaching and tweaking between attempts. He just went. And tried. And had enough awareness and intrinsic motivation to coach himself to success. That’s what we should be helping our athletes achieve: self-coaching and motivation.
9. Ultimately, individual athletes control ski performance (good or bad) through fundamental movements (i.e., body and equipment mechanics). Every outcome is the perfect result of the inputs- if performance isn’t as desired, you must change one of the inputs.
10. Adaptation and adaptive coaching are not about changing the fundamental movements or the ski performance from the Alpine standard- it’s about being creative about how to make movements, where movements come from, to gain the same fundamental and ski performance. Real vs. Ideal.
11. Free Download: Fundamental Mechanics of Alpine Skiing Across Adaptive Disciplines:
https://www.moveunitedsport.org/wp-content/uploads/2016/07/PSIA_AdaptiveFundamentals_Final_web.pdf
12. Current Adaptive Alpine and Adaptive Snowboard Certification Standards (2014):
<https://thesnowpros.org/certification/national-certification-standards/>