



PSIA-AASI National Adaptive Academy Extended Session

January 6-8, 2021

Clinic Reminders

Clinic Topic: Bi-ski Independence – Ryan Latham

1. Why independence on a Bi-Ski?
 - A. Current pandemic encourages physical distancing.
 - B. Never underestimate the power of earned experience.
2. Bi-skiing and mono-skiing are two different sports.
 - A. The linkage of a bi-ski creates unique opportunities.
 - B. The design of the actual skis creates opportunities.
 - a. The side cut creates less chatter.
 - b. The early rise (rocker) assists the side cut.
3. Understand the alpine fundamental mechanics you would like to affect through teaching/gear.
 - 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. Understand movement/fundamental priorities through skill development.
5. Try to change one joint through one phase of the turn for simplicity and understanding
6. Understand that changes of movement patterns may affect other fundamentals.

For more information:

PSIA Skills Matrix:

Videos of all disciplines including bi-ski. <https://matrix.thesnowpros.org/filter/?discipline=adaptive>

Adaptive Alpine Technical Manual:

Chapter 8 Intro to Sit-skiing pages 127-159, Chapter 9 Teaching Progressions for Bi-Skiing pages 161-181.