



PSIA-AASI National Adaptive Academy Extended Session

January 6-8, 2021

Clinic Reminders

Clinic Topic: Recognizing Movement Patterns for Skill Development in Adaptive Alpine Skiers – Ryan Latham

1. Understand the "ideal" (desired) turn, based on intended outcome. Fundamental Mechanics of Alpine Skiing:

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.

- 2. Understand joint specific characteristics of the "ideal" (desired) turn.
- 3. Watch the skier, look at a specific phase of turn.
- 4. Create a hypothesis of which joints can affect which fundamental.
- 5. Understand that changing a movement pattern in one fundamental may affect (positively and/or negatively) other fundamentals.
- 6. Understand that different disabilities may create movement patterns based on how the diagnosis may affect the skier.

For more information:

Movement matrix, videos of all disciplines, multiple tasks. <u>https://matrix.thesnowpros.org/</u>

Adaptive Alpine Technical Manual:

Pages vary based on discipline, tons of progressions and disability information.

Alpine Technical Manual:

- Chapter 1 Skills Concept pages 15-35.
- Chapter 2 Skill Concept-Blending the Skills pages 37-48.
- Chapter 3 Physics of Skiing pages 49-58.