



PSIA-AASI National Adaptive Academy Extended Session

January 6-8, 2021

Clinic Reminders

Clinic Topic: Upper Level Monoski Skill Development Activities – James “Jimmer” Hayes

1. The alpine skiing fundamentals play a role in skill development planning.
2. What do you see the ski doing? What is the body doing? What “cause & effect” between the body movements and ski performance do you see?
3. Use simple to understand language to describe to the student what you they are doing well.
4. Keeping students’ disability in mind, offer simple, performance enhancing tips while keeping *VAK* learning preferences and activities in mind (*see below*).
5. Use your body, hands, equipment, etc. to enhance your words (*visual*).
6. Use your words and keep it simple (*auditory*).
7. “Tie into” a specific body part and/or sensation which may also help promote self-coaching (*kinesthetic*).
8. Relate what a mono skier does to what you do (if a stand-up skier/rider).
9. Do not overthink it!
 - <https://youtu.be/C0EeAZe1K0c>: Have the student think of their outriggers as “legs” as you demonstrate “long leg/short leg” with your arms/hands, legs or outriggers which will help the student to initiate new turn partially through pressure control.
 - <https://youtu.be/mmhLm74tV1M>: the student (simply) turning their head to look in the direction of the new turn helps to begin to create “rotational control”.
10. Give the student one task to practice at a time.

11. "Dialing down" the terrain when practicing will help enhance a performance change (ex. Do not teach intro to the moguls by starting off in the moguls).
12. Be familiar with the general effects of a spinal cord injury (SCI) as SCI's are common amongst mono skiers.
https://www.pngitem.com/middle/iommbwo_sci-levels-and-effects-narrow-spinal-cord-injury/.
13. Keep it simple and have fun!