



Ski Spectacular Instructor Academy

**Hosted by The Hartford Ski Spectacular
December 4-8, 2022**

Clinic Summary Notes

Clinic Topic: Adaptive Tools for Personal Snowboarding Skill Expansion – Mike Ma

1. When used properly, adaptive equipment is used to augment or facilitate the six Snowboard Fundamentals. Being able to identify what equipment aids which fundamental will enable the most efficient lesson possible.
2. Thus, we can also use adaptive equipment to create new sensations and developments in our own high-end personal riding to aid our development.
3. We will still use the same base of technical knowledge to improve our riding (turn phase, shape, TID, etc.) with equipment. Nothing changes just because we are using equipment. Good snowboarding is good snowboarding.
4. Creating progressions in our own riding to rely on the equipment less and less is a pathway to our own independence. The same considerations should apply to when we teach adaptive students.
5. Choosing equipment with an idea in mind of how it contributes to a Fundamental is a core concept of the Adaptive Hypothesis. Great instructors know why they are picking a piece of equipment and adapt as goals and ability progresses.
6. The best equipment is as little equipment as possible. Thus, in our own riding, or when working with athletes, trying to create experiences that create maximum independence is ideal.