



Ski Spectacular Instructor Academy

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

Clinic Summary Notes

Clinic Topic: Bi-skiing: Skill Expansion and Independence using Hand-held Outriggers – Ed Meltzer

With adaptive equipment, think “less is more”. Promoting independence, subject to your student’s goals, will elevate your student’s level of accomplishment and provide a foundation for growth. Over-use of tethers can be fun but will not encourage your student to build their skills like able bodied skiers.

Rigger setup includes length adjustments, 90-degree angles of the arms when the rigger is in the up position. The friction bolt should be shortened and possibly removed based on the student’s skill level.

There are two lesson plan options for bi skiers; rotational prioritized and edge prioritized, (commonly called “drop and block”). Depending on your student’s level of core and upper body strength functionality, you may need to utilize an edge prioritized teaching progression

Adjusting the length of an outrigger

https://www.youtube.com/watch?v=J_ZoqCeGt_U

Lift Loading sit skis

<https://www.youtube.com/watch?v=CpFuCiQmSfY>

Bi-Ski Wedge Christie

<https://www.youtube.com/watch?v=pcufTCFfn10>

Bi Ski basic parallel

<https://www.youtube.com/watch?v=IFzrMwpaf0k>

PSIA-AASI Interski 2015: Adaptive Skiing Fundamentals for Bi-Ski

<https://www.youtube.com/watch?v=URqEIIAs-xE>

Coaching fundamentals for Bi-Skiers

<https://www.youtube.com/watch?v=UtBpgRKtVJ8&t=12s>