



Ski Spectacular Instructor Academy

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

Clinic Summary Notes

Clinic Topic: Boots on the Ground
Clinician: Katherine Hayes Rodriguez

- 1) Adaptive teaching involves focused attention and detail to adaptive equipment. Often overlooked in Stand-Up skiing is the foundation of our boot fit. Boot fit and set-up are foundational for effective and efficient body movements in all adaptive and non-adaptive disciplines.
- 2) Taking the time to evaluate boot fit and basic stance before hitting the slopes is essential. Utilize a flat area inside or on the snow to determine. Inside is preferable; this enables you to take the boots off if necessary to confirm correct sizing and fit.
- 3) On hill there are many exercises and drills to help determine needed adjustments. Examples: skiing in a straight line on a flat road (ability to ride a flat ski); traversing on a slight slope (excessive edging inside or out).
- 4) Adaptive programs often work with stand-up students with intellectual disabilities, and no evident physical impairment. These students will require a thorough assessment, as would a 3-track or 4-track skier.
- 5) Spend time adjusting boot sizing with non-corrective canting. Excessive canting needs should be referred to a good boot fitter. Cants can be made portable for rental boots.
- 6) After proper fitting, practice skiing movements on hill that will enhance lower leg movements, such as ankle flexion and foot pressuring.
- 7) During the Three Track and Four Track segment, discussions will center on common diagnosis in these disciplines that will require non-corrective canting. Examples are: Cerebral Palsy and ABI.
- 8) On hill scenarios for these disciplines will include skiing with outriggers and simulating common stances: sit back, one footed dominance, missing limb imbalance.
- 9) Read the **Adaptive Alpine Technical Manual** for further technical information.