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 pressing.

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.