



Ski Spectacular Instructor Academy

**Hosted by The Hartford Ski Spectacular
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Clinic Summary Notes

Clinic Topic: Demystifying Biski Tethering and Seat Assisting from a Snowboard – Mike Ma

1. Mastery of many Level 2 standards is strongly suggested for safe tethering, even for a beginner bi-ski lesson. Skills may include but are not limited to pivot slips, linked frontside 180s. Moreover, keen, real-time movement analysis skills to identify another rider's turn phase as you will be assessing this in your biskier while tethering.
2. Proper biski seat fitting for both comfort and performance can have a dramatic impact on the student. The seat is a boot, and the fitment should be considered as such. Liberally and creatively use equipment to produce the right balance of support and range of motion that is commensurate with your student's ability.
3. Be familiar with the equipment before you start your session. Be familiar with the load/unload mechanisms and inspect the biski for proper safety equipment (straps, fixed outrigger fitment, required number of pins, etc.) before the guest is seated in the biski.
4. For snowboarders, the "Power T" is the analog of our neutral athletic stance in our personal riding. Whether seat assisting or web tethering, starting a new movement with the biski directly in front of you on a flat ski while you are in a neutral athletic stance will create the most options for you to safely execute your next maneuver. Just like you use a low, neutral, athletic stance to reset yourself on chaotic terrain like ice or bumps, you can use the Power T to reset a movement pattern that may have gone off-rhythm.
5. Biski: Seat assisting should be used as a security and transportation tactic, not as a general riding tactic due to potential safety concerns for the student, your co-teachers, and the public. Furthermore, it does little to promote independence.
6. By blending heel edge movements with our hand position in tethering, we can maintain a strong, neutral athletic stance through all 3 phases of biskiers turn (initiation, shaping, finishing)
7. Manage speed by adjusting both the edge angle of your board along with the tension in the tethers. Anticipate flats by allowing a slightly straighter run-in with a slightly flatter board to avoid unnecessary skootching or wiggling. It stops the fun and tires you out!
8. Tethering is a two-person dynamic turn. A dynamic turn is when the center of mass (CM)

travels in a different path than the equipment, usually before the equipment. While tethering a bi-ski, *you* are the CM, thus your path should have smaller arcs than the bi-ski's arc. What's more, when the bi-ski goes flat, you ideally should be in a "Power T" formation for a split second as you pass to the inside of the bi-ski.

9. Engage both hands while tethering. Often, there is an overreliance on tension on the inside hand. More effective tethering combines the tension of the inside hand along with a slight release of the outside hand to allow more responsive turn initiation and shaping.
10. Utilize the biski to promote the independence of your student. Have them involved with the turn or speed control either with physical or verbal commands, as their ability permits.