



Ski Spectacular Instructor Academy

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

Clinic Summary Notes

Clinic Topic: Exploring Multi-Discipline Training Opportunities within Adaptive – Christina Bruno

1. The new Adaptive Alpine Standards use language that is both inclusive to alpine and snowboarding fundamentals. Snowboard standards will be VERY similar when published.
2. Create training opportunities that are outcome based, following the learning outcomes of each level and discipline of the Adaptive Alpine Standards.
3. The Performance Guide will give you the tasks and skills needed to reach each learning outcome. These can become your training milestones and tasks.
4. Combining new hire ski and snowboard training allows more efficient uses of resources and focuses on common skills and similarities. Introduce the “Wedgless Progression” as your core beginner progression across disciplines. The Wedgless Progression is essentially the same as the snowboard progression or a direct to parallel progression. This progression works across multiple adaptive disciplines, where introducing the wedge is an exception, but not the norm.
5. Multi-discipline assessments and assessment preps may allow for more participation at the upper levels, allowing more events to run, keeping members in the process longer.
6. We teach to people not to equipment.
7. Exposure to other disciplines will allow you to train your eye and further develop movement analysis skills. Even if you are not a skier or snowboarder, understanding that discipline as an additional adaptive option is important for the student and program development.
8. Work with other programs or schools to use more efficient resources.
9. Additional Resources: PSIA Alpine Technical Manual, PSIA Adaptive Alpine Technical Manual, AASI Snowboard Technical Manual, [Fundamental Mechanics of Alpine Skiing Across Adaptive Disciplines](#), [Adaptive Alpine Standards 2022](#)

SNOWBOARDING FUNDAMENTALS	ALPINE SKIING FUNDAMENTALS	FUNDAMENTAL DIFFERENCE
Control the relationship of the center of mass to the base of support to direct pressure along the length of the board.	Control the relationship of the center of mass to the base of support to direct pressure along the length of the skis.	Despite our fore-aft movements being biomechanically different, this still applied perfectly.
Control the relationship of the center of mass to the base of support to direct pressure across the width of the board.	Control pressure from ski to ski and direct pressure toward the outside ski.	Because of snowboarders' sideways orientation on the board, we move laterally across the board's width and create pressure edge to edge.
Regulate the magnitude of pressure created through the board/surface interaction.	Regulate the magnitude of pressure created through ski/snow interaction.	We changed "snow" to "surface" to include other sliding surfaces , such as boxes, rails, logs, cement, etc...
Control the board's tilt through a combination of inclination and angulation.	Control edge angles through a combination of inclination and angulation.	We added <i>tilt</i> terminology and debated if we needed to include both inclination and angulation. "Banking" doesn't have the same negative connotation in snowboarding as it does in alpine skiing, yet it's still important to differentiate between the two for the desired outcome.
Control the board's pivot through flexion/extension and rotation of the body	Control the skis' rotation with leg rotation, separate from the upper body.	We continued to use <i>pivot</i> as it relates to the board and rotation as it relates to the body. Where the alpine fundamental promotes upper and lower body separation at the pelvis and femur bone, the snowboarding fundamental additionally uses spine rotation in several applications. Riders can also accomplish pivot with flex and extension movements of the knees and ankles.
Control the twist (torsional flex) of the board through flexion/extension and rotation.	N/A	Twist was added as the sixth snowboarding fundamental because we can actively twist the board with distinct movements , whereas, in alpine skiing, twist is created as a result of another movement.