



Ski Spectacular Instructor Academy

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

Clinic Summary Notes

Clinic Topic: Fundamental Relationships: Outriggers – Ed Meltzer

Athletes who use handheld outriggers for balance and turn initiation, whether sitting or standing, have commonalities in their rigger movements. For Four trackers, the rotary movements come from the lowest point in their body that can generate movement. Sit-skiers can use abdominal belts to help create lateral movements that would otherwise not be possible.

It is paramount that the instructor sets up a stable foundation from which to move. In sit skiers, that would involve proper fitting. For stand-up skiers, examples of assistive equipment available are C clamps with a rubber connector for the ski tips and spacer bars that are placed underneath the boot and held in place with the binding.

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 and injury level.

Adjusting the length of an outrigger

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

Changing the resistance against the snow

<https://www.youtube.com/watch?v=XD73A1wyjjY>

Short radius carved turns Four Track

<https://www.youtube.com/watch?v=ytcvqSP0JTs>

Important information can be found in the *PSIA Adaptive Alpine Technical Manual* available at <https://www.thesnowpros.org/education/digital-manuals-for-every-discipline/>

Safety concerns, four-track skiers, page 91.

Safety Concerns, sit skiers, pages 136-137

Stand up rigger fitting, page 94.

Sit ski fitting, pages 137-141

Getting up from a fall, pages 105-106.

Suggested teaching activities include:

Side slips/pivot slips

Garlands

Hourglass turn shape for turn duration, intensity, rate, and timing, (DIRT).