



Ski Spectacular Instructor Academy

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

Clinic Summary Notes

Clinic Topic: Get in and Go Ski Bike II - Christina Bruno

1. Counter steering becomes necessary to progress to new terrain and move through varied conditions. This is the same concept in mono skiing where you keep your vision focused down the slope as your body turns beneath you. Separation of upper and lower body to steer.
2. Developing a short radius braking turn is important to progress into the advanced beginner and intermediate zones.
3. Garlands are a great drill to use while developing fundamentals on new terrain. Great for developing counter steering.
4. Creating flexion and extension through the upper spine and elbows can be helpful for steering through powder, crud, and varied conditions.
5. As a student progresses and are not using the foot skis for balance, they may be able to use them less or try different bike that use foot pegs vs. foot skis.
6. Some adaptive ski bikes can be manipulated by an instructor on the back handlebars that rise near the rear ski or with tethers that aid in speed. Ski bikes are not tethered for steering, but tethers may be used for speed control.
7. Ski bikes can be a great alternative to skiing and snowboarding if your student is having issues with swelling in their residual limb and is not fitting properly in their prosthetic. This can also be a great alternative if they are experiencing fatigue or soars that would be increased with their usual snow activity.
8. Using mono ski and snowboard progressions transfer well into ski biking. Focus on edging, rotation, pressure management, and balance across both skis.
9. Don't be afraid to try different bikes. Some bikes have shocks, can sit with the student on the bike on the chair, or have an apparatus to keep the foot skis from dragging if the student has low mobility in the feet. There are lots of options and modification that can be made.