



## **Ski Spectacular Instructor Academy**

**Hosted by The Hartford Ski Spectacular  
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### **Clinic Summary Notes**

**Clinic Topic: Get in and Go: Slider!** Beth Fox [bfoxbizzard@gmail.com](mailto:bfoxbizzard@gmail.com)

1. Safety comes first with slider. The slider is a device that requires a tetherer whether the skier is attached to the device or not. Practice slider use with a friend to build tethering skills.
2. The slider can be used as a support or balance tool, and as a device for skill building to graduate to outriggers or independence from the device altogether. A tall and stacked stance, relying on bone structure, sets the learner up for success and advancement.
3. Set-up: Appropriate slider ski length is necessary (shorter) when tip devices are used between the slider skis and learners' skis. Beware of the slider frame crossbar impeding the learners' ability to flex at the knees. Forearm trays are not always needed. Only a slight degree of edged and wedged configuration of the slider skis allows for safe movement of the slider.
4. Spend time on flatter terrain developing a balanced stance and stacked body position prior to adding speed, steeper terrain, or more complex movements. Employ the skill, drill, hill concept along with lateral learning exploration prior to increasing terrain. Independent leg movements, wedge progressions, and parallel progressions all work in the slider.
5. The slider is a terrain limited tool best used in the beginner zone due to the wide base and inability to lengthen and shorten slider legs during turns to match steeper terrain. Top heavy learners can tip over more easily on steeper terrain.
6. Skiing is skiing and the Alpine Fundamental Mechanics apply to slider use, too.
  - a. Control the relationship of the Center of Mass to the base of support to direct pressure along the length of the skis.
  - b. Control pressure from ski to ski and direct pressure toward the outside ski.
  - c. Control edge angles through a combination of inclination and angulation.
  - d. Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body.
  - e. Regulate the magnitude of pressure created through ski/snow interaction.
7. Practice safe lift loading for learner and instructor. Use slows and stops, as necessary. Leash slider to chairlift as required.
8. Read more about slider on pages 87-101 in the digital version of the Adaptive Alpine Technical Manual. <https://thesnowpros.org/education/digital-manuals-for-every-discipline/>.