



Ski Spectacular Instructor Academy

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

Clinic Summary Notes

Clinic Topic: Guiding and Teaching at Its Best – Sheila Farny

1. Person first, disability/diagnosis second.
2. People don't care how much you know until they know how much you care. Find a connection with each student.
3. Rapport and trust are essential for successful guiding.
4. Guiding is separate from teaching.
5. Paint a picture for your students using vocal sculpting, sensory languaging and kinesthetic methodologies.
6. Base guide positioning on student preference, diagnosis, and conditions- rather than guide preference.
7. Encourage independence and fluidity whenever possible and safe to do so.
8. Keep cues simple, direct, and meaningful.
9. Integrate external cueing into your lessons to promote motor learning and self-guidance for improvement- refer to *The Language of Coaching*, by Nick Winkelman, for the art and science of teaching movement.
10. Refer to the PSIA/AASI [Adaptive Alpine Technical Manual](#) for more info on guiding and teaching people with low or no vision (log into your account for digital access).
11. Refer to the Learning Connection in the PSIA/AASI [Teaching Snowsports Manual](#) for more detail on People, Teaching and Technical Skills (log into your account for digital access).
12. Check out para-alpine skiing and guiding at <https://www.youtube.com/watch?v=6kcdz2WBkI4>.