



Ski Spectacular Instructor Academy

**Hosted by The Hartford Ski Spectacular
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Clinic Summary Notes

Clinic Topic: High Performance Skiing

Clinician: Katherine Hayes Rodriguez

- 1) Body Awareness- being in touch with the way you move, and the feeling of quality movements is essential for peak performance and injury-free skiing. Performing body-awareness exercises (Vertical Movements, Fore/Aft Movement, Lateral Movement and Rotational Movement) on the snow without our skis helps us to see how the body feels when dealing with the forces encountered in skiing.
- 2) It is important to realize that skiing movements are done in three dimensions. The three planes of motion that pass through the body while skiing are the frontal plane (vertical line that divides body into front and back); sagittal plane (vertical line that divides body into left and right); transverse plane (horizontal line that divides body into upper and lower halves).
- 3) A good skiing stance sets you up for efficient movements as you begin gliding downhill and turning your skis.
- 4) Neutral Stance: the feet, knees, hips, shoulders, and hands are parallel in the lateral plane and the shin and spine are aligned in the fore/aft plane.
- 5) Engaged Stance: the alignment established in the Neutral Stance makes the Engaged Stance possible, allowing for lateral balance and effective edging and steering movements.
- 6) Leg Turns: the most efficient way to turn your skis is to stabilize your core and turn with your feet and legs.
- 7) Parallel Turn: this turn consolidates basic positioning, leg turning, and dynamic balance into a turn sequence. A sequence of movement patterns begins with a neutral stance, flows into initiation, blends into the shaping phase, concludes with the end of the turn, and returns to the neutral stance.
- 8) Carved Turn: the art of carving becomes possible when you become comfortable immediately moving from one set of tipped-up edges to the other.

9) Adjusting your tactics for all mountain skiing: practice reading the terrain (hard vs. soft focus), applying turn shape to the terrain, speed management (3 phases), and line choice (match intensity and tempo to pitch of slope).