



Ski Spectacular Instructor Academy

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

Clinic Summary Notes

Clinic Topic: Innovation Hub: SnoYak – Sheila Farny, Rob Thompson

1. Think outside the box when it comes to equipment that can assist your student's success and fun factor while on the slopes.
2. Employ teaching for transfer (emphasize similarities) when introducing mono and bi-skiers to SnoYak.
3. Core (abdominals and back) muscle strength and engagement is a foundation for skiing success. A stable core allows a person access to better control of all limbs and the head and leads to good blending of skills. Use what you have!
4. Play with different skill blending to see the effect you can create and how these blends may help you in varying situations.
5. Vary your turn shape according to how much speed or distance you desire. Refer to the Alpine Technical Manual to learn more applying the DIRT concept.
6. Practice Chairlift safety- know the specific lift and resort requirements prior to loading any alternative device.
7. Work with your resort management and/or snow sports school to get approval for SnoYak prior to bringing it to resort- can contact other resorts that are using that specific equipment.
8. Lift loading- at the 'Load Here' sign, release the ankle support latch.

References:

- View video of SnoYak lift loading and on-slope performance at: <https://snoyak.com/> under the 'about' tab, or on this link <https://www.youtube.com/watch?v=unwbfeyg-C4>.
- View video of transfer to SnoYak: <https://youtu.be/O-XL9eqAiaU>
- Refer to Adaptive Alpine Technical Manual for outrigger use (go to www.thesnowpros.org >shop>education>adaptive).
- Refer to Adaptive Supplement: Diagnoses & Medical Classifications for more information on diagnoses (go to www.thesnowpros.org >shop>education>adaptive).
- Refer to Fundamental Mechanics of Alpine Skiing Across Adaptive Disciplines (go to www.thesnowpros.org >shop>education>adaptive).