



Ski Spectacular Instructor Academy

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

Clinic Summary Notes

Clinic Topic: Two-day Workshop – Monoski: Assess, Equip, and Teach – Colleen Farrell

1. Reference PSIA, Adaptive Alpine Technical Manual , 2017, American Snowsports Education Association, Inc., for the topics below. Available at <https://www.thesnowpros.org/education/digital-manuals-for-every-discipline/>
 - a. Assessments (registrations, visual, cognitive, physical, verbal interview) Chapter 2 (Student Assessment) and Chapter 8 (Introduction to sit-skiing)
 - b. Monoski selection (seat back height, bucket size and rigidity, suspension system, lift loading mechanism, center of mass in relationship to the ground, skill level of student, body position for goals or body makeup, goal of student) Chapter 8 (Introduction to sit-skiing) and Chapter 10 (Teaching progressions for Mono-skiing)
 - c. Monoski fit up (bucket; padding, pressure, angle, clam shell, height, size, try to mimic wheelchair, core stabilizers, scoliosis, and experience. Outrigger set up. Grip assists. Checking balance fore/aft, and lateral. Dowel testing. Recheck all the time. Chapter 8 (Introduction to sit-skiing) and Chapter 10 (Teaching progressions for Mono-skiing)
 - d. Flat land drills and exercises including pushing, gliding, moving, rotating, braking, balance for fore/aft and lateral, how to fall and how to get up from a fall. Chapter 10 (Teaching progressions for Mono-skiing)
 - e. Safe chairlift loading and unloading. Chapter 8 (Introduction to sit-skiing)
 - f. Hands on assisting when, where, how, and why. Chapter 3 (Assistive devices and assists)
 - g. Teaching a first turn for turn shape and speed control. Then connecting turns on easy green terrain. Chapter 10 (Teaching progressions for Mono-skiing)
 - h. Teach the phases of outrigger use. Appendix A (Physics and phases of outrigger use)
2. PSIA-AASI Rocky Mountain Region Guide for Teaching Students Mono-Skiing. [Microsoft Word - Guide Mono-Ski 2020 FINAL.docx \(psia-rm.org\)](#)