



Ski Spectacular Instructor Academy

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

Clinic Summary Notes

Clinic Topic: 2 Day Workshop Monoski: Access, Equip, Teach, Assist

1. Identify guest motivation and movement needs. What physical, cognitive, and/or affective needs are required for monoskiing? What is the mindset of the guest? What amount of time does the guest plan to invest in learning to monoski?
2. Choose an appropriate monoski that will allow the greatest opportunity for the guest to achieve their goals. Identify three types of monoskis and their similarities and differences.
3. Frame height, body position, structural support, ski choice and ski tune all influence monoskiing success. How do these factors effect ski to snow interaction?
4. Teach to what your guest wants to learn and experience. Build a strong relationship with your guest. Praise success and address challenges. Be patient.
5. Use appropriate terrain in lessons and during practice. New skills on familiar terrain; familiar terrain for new skill (the power of 1).
6. Recognize the difference between enabling (doing for) and empowering (teaching how) the guest. It can be hard for instructors to keep hands off the guest and monoski. When teaching, allow guests to try to accomplish as many movements and activities as possible on their own. People learn best through as much independent experience as possible.
7. Read more about teaching monoski and the technical aspects of monoskiing in the free digital version of the *PSIA Adaptive Manual Technical Manual* located at <https://thesnowpros.org/education/digital-manuals-for-every-discipline/>.
8. Spend time exploring similarities and differences between alpine and adaptive skiing. The *PSIA Alpine Technical Manual* provides great insight into ski to snow interaction which doesn't change no matter the adaptive ski discipline. Find the digital manual at <https://thesnowpros.org/education/digital-manuals-for-every-discipline/>.
9. Ski, play, explore using various combinations of frames, skis, and movements. Have fun!