



Ski Spectacular Instructor Academy

**Hosted by The Hartford Ski Spectacular
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Clinic Summary Notes

Clinic Topic: Movement Analysis Insights – Charley Phelan

1. Keep your analysis simple and short.
2. Think about what you want to say before you say it.
3. Paint the picture for yourself and the guest.
4. Describe only what you see; make no judgements.
5. Create a system that is organized and simple to follow.
6. When describing movements use accurate vocabulary.
7. Describe the real. Describe the ideal. Describe the action plan to achieve the ideal.
8. Watch tons of videos. Listen to others perform MA
9. Utilize the Movement Matrix at www.thesnowpros.org.
10. Record yourself performing movement analysis and watch it. Evaluate what you did well and how you may improve your process, performance, or other aspect of movement analysis.