



Ski Spectacular Instructor Academy

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

Clinic Summary Notes

Clinic Topic: Movement Analysis Made Easy- Ed Meltzer/Sheila Farny

1. Growth versus fixed mindset: "I'm working toward ownership of this skill and by following my plan I will get it." This can be applied to Movement Analysis process, your own skiing, your teaching, and pretty much to anything in life.
2. Remember that if the guest is skiing in control, they are already doing something right! Build on the positive to help them to become more efficient skiers.
3. Ask your guests how and when they like to receive feedback. This will heighten the effectiveness of your movement analysis success.
4. Incorporate Fundamentals of Skiing into your movement analysis process. Pick one fundamental at a time to explore.
 - Control the relationship of the center of mass to the base of support to direct pressure along the length of the skis
 - Control edge angles through a combination of inclination and angulation
 - Control the skis rotation with leg rotation, separate from the upper body
 - Control pressure from ski to ski and direct pressure toward the outside ski
 - Regulate the magnitude of pressure created through ski/snow contact
5. The Skills Concept- A technical model of American Ski Instruction. A skier is constantly changing, adapting, and managing three things, which are integral in all turns and essential for maintaining balance. The Skills Concept inventories and categorizes everything we can do that affects going left and right on a pair of skis.
 - Rotational Control- the direction of the skis
 - Edge Control- the angle of the skis
 - Pressure Control- The pressure created through turning and terrain
6. Employ a method that works best for you: whole picture, bottom up (what ski does, then what body does), top down (body, then ski). Use the method of observation, evaluation/description and prescription as discussed in the PSIA Alpine Technical Manual, (chapter 6). Be disciplined to spend ample time in the observation and evaluation/description phase before prescribing.
7. Challenge yourself to be concise with your verbiage to give clear and effective feedback.

8. Tailor the prescription for change to your student's, which can be dependent upon their diagnosis (Real vs Ideal).
9. Be cognizant of your student's learning style(s) so that you can most effectively communicate with them.
10. Hone your movement analysis skills while riding lifts: good practice to see a skier for a brief time and picture it in your mind.
11. Follow your student, imitating their movements to get more insight, especially if they have physical limitations.
12. Download/read the Fundamental Mechanics of Alpine Skiing across Adaptive Disciplines, found at www.thesnowpros.org > Education > Education Materials (free PDF download).