



## **Ski Spectacular Instructor Academy**

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

### **Clinic Summary Notes**

**Clinic Topic: Movement Analysis: On-snow Application** – Colleen Farrell

1. Reference PSIA, Alpine Technical Manual , 2014, American Snowsports Education Association, Inc., available at <https://www.thesnowpros.org/education/digital-manuals-for-every-discipline/> for the topics below:
  - a. PSIA's Level 1 – 5 describers.
  - b. Common ineffective movements in levels 1-5 for stand up and sit-down skiers
  - c. Ski performance vs body performance in all phases of a turn.
  - d. Formulating lessons plans from on-snow observations.
  - e. Chapter 6 (Movement Analysis); Chapter 7 (Teaching – Developing Technical Content)
2. Apply MA on the hill with adaptive lessons in action. Observe these skiers from the chairlift for practice.
3. View the Adaptive Alpine IDP from Mountain Region at [Microsoft Word - Adaptive IDP 2020 FINAL.docx \(psia-rm.org\)](#).