



Ski Spectacular Instructor Academy

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

Clinic Summary Notes

Clinic Topic: Pattern Breakers: Outside the Box Drills with an Adaptive Twist
Clinician: Ed Meltzer

The same teaching activities/drills can be modified by changing the focus on a particular fundamental. For example, the focus could be balance oriented or pressure oriented. Pressure activities can be about directing to the outside ski or managing pressure created through snow/ski interaction. By choosing a focus, it will more effectively help your student feel the results of performing the activity.

Alpine Skiing Fundamentals

- Control the relationship of the center of mass to the base of support to direct pressure along the length of the skis.
- Control pressure from ski to ski and direct pressure toward the outside ski.
- Control edge angles through a combination of inclination and angulation.
- Control the skis' rotation with leg rotation, separate from the upper body.
- Regulate the magnitude of pressure created through ski/snow interaction.

Most common issues among our students with a cognitive disability involve a defensive breaking wedge.

Suggested activities to get our student past this stage are:

- Side slip to pivot slip turns. (Edge release)
- Railroad tracks on gentle terrain. (Feeling the edge performance by engaging the ski's radius).
- J turns to a stop. (Edge engagement, safety; understanding how to stop).
- Medium radius turns with a hop at the first phase of the turn. (Balance/stance).

To teach these drills, we must find a way to communicate with our student with an intellectual disability, often through games. Finding that connection comes from discovering their interests and motivations.

In the physical disability realm, how we teach is key. A visually impaired student learns from kinesthetic and auditory activities.

Sit ski students have the same learning preferences as stand-up skiers. (Visual; auditory; kinesthetic; VAK). Discovering them will make you a more effective teacher.