Clinic Topic: Presenter Skills for Effective On-Snow Training
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1) A good Clinician always prepares for their clinic. Typical methods of delivery include an outline for participants, cheat book/3X5 cards with notes, review of the current standards/material, exercises/activities appropriate for the topic, and time management and flow of topics within allotted time.

2) Use introductions to establish rapport with and between the participants to make it a memorable experience. Provide an overview of the clinic, allow brief individual intros, discuss prior experience/injuries/disabilities, find out who is familiar with the mountain and use their knowledge to get around easily.

3) The second word on the PSIA pin is “Ski.” Use a ski warm-up run to loosen up participants, establish meeting places, introduce group skiing set-up (who leads, sweep, spacing). The clinician uses this run to do movement analysis on the participants and establish the lowest level skier and choose appropriate terrain. Make use of senior/experienced participants to help deliver the clinic; “buddy up” participants so you don’t have to track everyone.

4) Identify and practice the Five Fundamentals in their own skiing. The Skiing Fundamentals are:

   *Control the relationship of the Center of Mass to the base of support to direct pressure along the length of the skis (fore/aft pressuring)
   *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 ski rotation (turning, pivoting, steering) with leg rotation, separate from the upper body.
   *Regulate the magnitude of pressure created through ski/snow interaction.

5) Organize your clinic based on Teaching Model: Introduction/Assessment, Goal and Objectives, Present and Share Information, Guided Practice, Check for Understanding, Summary.

6) Practice positive Group Handling: watch body language for comfort and receptivity levels; utilize different formations for on hill safety and placement (line/bunch/circle up, partners). Use small task groups instead of singling out individuals. Appoint a timekeeper to keep you on task/time. Use fun formations to keep the flow moving (pairs, line rotations, synchronized,
snake). Speak to dealing with disabled participants and equal access to the clinic. Address the differences in language: soft talk, negative, dealing with a difficult group/individual. Distractions such as noise and large crowds take away from focus so think about how to avoid or address in your clinic. Allow time for bathroom breaks!

7) Utilize a Movement Analysis model for assisting skiing skills, demonstrations, feedback, and suggestions for progressions. This Model can take many different forms, but an easy one to remember is: Determine Skier Profile, Identify Turn Type, Identify Turning Power, Utilize a Developmental or Corrective Progression, and make the Prescription for Change.

8) Discuss the Learning Partnership, how it creates a rapport with your participants by reading their behaviors and subsequently using appropriate educational techniques when you present your clinic. This will include Lateral Learning. Always review the Skier Responsibility Code.

9) Handling splits in a group can be challenging. In a group with diverse levels of skiing proficiency and teaching knowledge, you can use more experienced participants to pair up/share with the group their ideas. Using the chairlift for individual listening and homework assignments can be helpful.

10) Empower your Group by attentive listening to, solving problems as a team, giving frequent and plentiful praise, showing flexible controls, emphasizing their individual importance to the group, and directed coaching.

11) Miscellaneous tidbits: keep your teaching personality; ski, ski, ski right away; establish pace and move it! Professional look/demeanor, find answers, teach your passion!

12) Art of Communication: meaningless phrases that cast doubt: “Does that make sense,” “Sort of,” “To be honest,” leading/negative words: “look” “see” “let’s” “stop” “don’t.”