



Ski Spectacular Instructor Academy

**Hosted by The Hartford Ski Spectacular
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Clinic Summary Notes

Clinic Topic: Presenter Skills for Effective On-Snow Training

Clinician: Katherine Hayes Rodriguez

- 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."