



## **Ski Spectacular Instructor Academy**

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

### **Clinic Summary Notes**

#### **Clinic Topic: Silver Lining Lessons from COVID – Christina Bruno**

1. Touchless teaching brings the focus to more independent movement and ownership of skills. Your lesson may have to break down steps further and include more VAK cues to help the student become more independent in each stage of skill development.
2. Create an extension of “the dance” through using Hula Hoops, Snow Wing, Rider Bar with extension, ghost riding the Rider Bar, Snow Slider, Ski Pal, bamboo pole, tethers, horse and buggy, etc.
3. Consider using equipment with different angles or positions than the traditional face to face. Consider working from behind the student with an assistant a safe distance in front maintaining eye contact and communication with the student, allowing the student to experience more sensory input from surroundings.
4. Assess the balance and fatigue level of your student, instead of adding an additional instructor on the equipment beside you, increasing group size and reducing space, bring a small 3 leg [collapsible beach or camp chair](#) to use for breaks on the snow, work on smaller steps and different terrain that will allow less support from the instructor.
5. Spend more time in flat terrain where they can master fundamental skill development. Let the student own the beginner zone before moving on!
6. Use small inclines and slopes to teach without your equipment on, using hula hoops, pole, Ski Pal, etc., to assist with initial skills with a fall line.
7. Terrain based learning that incorporates small rollers, mini halfpipes, and berms in flat terrain can encourage independent learning and incorporate fun, exploration, and skill development.
8. Props such as pool noodles, [pipe insulation](#) (very inexpensive, similar to pool noodles), [plastic cutting boards](#), [Burton Riglet](#) props and toys, food coloring, etc. can help create more fun and excitement on flat terrain where you may spend more time.
9. If having a more hands-on approach is the best option, consider using caregivers, family members, or individuals in their “pod” or cohort. This is a great opportunity for reciprocal learning, especially when learning balance in the fall line for the first time. Get the pod or

group involved together, teach them how to assist each other, coaching them through the process.

10. Give students homework to practice their stance and their balance and drills that highlight fundamental skills.
11. Video your students and send them feedback that they can look over. Send them other videos (maybe AASI) to watch and compare.
12. Give students a checklist of "to do" before next session.
13. Understand what resources your program has and what inexpensive resources are available.
14. Figure out who normally comes along on the lesson and how they can be of assistance.
15. Map out your terrain and pacing of drills, skills, and expectations.
16. Use the opportunity for touchless teaching to promote independence and a least restrictive environment, fine tuning your own teaching skills.
17. Additional Resources: PSIA Alpine Technical Manual, PSIA Adaptive Alpine Technical Manual, AASI Snowboard Technical Manual, [Fundamental Mechanics of Alpine Skiing Across Adaptive Disciplines](#), [Adaptive Alpine Standards 2022](#)