



Ski Spectacular Instructor Academy

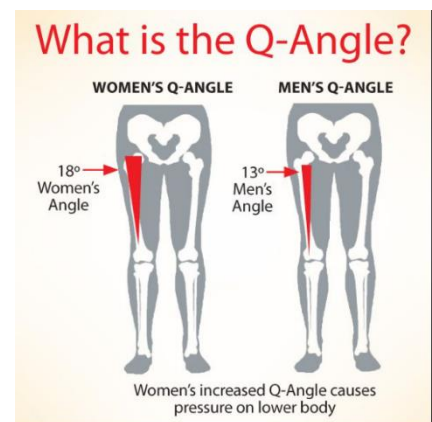
**Hosted by The Hartford Virtual Ski Spectacular
December 4-8, 2022**

Clinic Summary Notes

Clinic Topic: Snowboard Equipment Exploration and play- Christina Bruno

1. Snowboard equipment and stance can impact a student's skill development positively or negatively.
2. Excessive Q angles can cause knee pain while snowboarding if the stance is too narrow. Create a stance width that has the knee tracking over the front ankle in line. Stance angles may be adjusted to create a more balanced stance for large Q angles.
3. Sliding the bindings towards the heel edge may allow students who have a large chest more balance on each edge.
4. Experiment with stance angles and widths, different combinations such as pigeon toed, racing, stance, etc. may allow different physical abilities to flex, extend, and rotate their joints more effectively to create the snowboarding fundamentals.
5. Reference Alignments: three descriptions to assist instructors with discussing movements and positions: shoulders and hips are parallel to the slope/terrain, center of mass is over the working edge with a rider's weight equally distributed between the feet, and shoulders and hips are perpendicular to the front foot.
6. Tools like the Kahuna stick tend to shift the CM towards the tail of the board, impacting longitudinal pressure. The Kahuna stick allows the rider to tilt the board in small increments and creates differential friction, creating a pivot point for the board to move around.
7. Tools like using "the Dance" and Hula Hoops, Ski Pals, and Sno-Wings can allow the CM to shift and pressure across longitudinal, lateral, and vertical axis more easily with the assistance of an instructor. These tools allow the instructor to help put the student more easily on either edge, tilting the board. These tools will create a different turn shape in the snow, more of an S turn, shaped more by pivot than twist because the movements are coming from higher up in the body with the addition of equipment and instructor assistance.
8. The Rider Bar impacts the fundamentals a variety of ways depending on if it is used independently, steered by an instructor, or used as a supportive device in "ghost riding." The handlebars allow the rider or instructor to easily twist the board, then tilt the board to engage edges. The additional support added by the Rider Bar can allow a student to pressure in each axis more easily (depending on their diagnoses).

9. Outriggers can be used in a variety of ways and configurations such as single, double, lead hand, rear hand, or fixed in a binding. The outrigger adds and extension to the arms that can create a pivot point for the board to move around and may make lower body movements easier that may impact twist, tilt, and pressure.
10. When working with above the knee amputees, the location of their prosthetic on either the front or the rear leg will impact the fundamentals. There is not a right or wrong position, rather understand what areas you may need to adjust or focus on to get the same outcome. Lead leg prostheses may require more use of the hip to steer and lower spine, rear leg prostheses may need to focus on keeping weight centered over the board to not wash out turns, etc.
11. Good Snowboarding is Good Snowboarding
Said simply, the board will interact with the snow, and the body will make movements to make those movements successful, and keeping in mind three simple rules:
 - 1) A body will be affected by conditions relevant to your rider's profile.
 - 2) A body's range of motion can be enhanced (or limited) by the equipment,
 The combination of 1) and 2) will create a movement framework that will influence the success of that rider.



12. Additional Resources: AASI Snowboard Technical Manual,



BOARD PERFORMANCE	FUNDAMENTAL RELATIONSHIPS
Pressure (longitudinal)	Control the relationship of the center of mass to the base of support to direct pressure along the length of the board.
Pressure (lateral)	Control the relationship of the center of mass to the base of support to direct pressure along the width of the board.
Pressure (vertical)	Regulate the magnitude of pressure created through board/surface interaction.
Tilt	Control the board's tilt through a combination of inclination and angulation.
Pivot	Control the board's pivot through flexion/extension and rotation of the body.
Twist	Control torsional flex of the board using flexion/extension and rotation of the body.