



Ski Spectacular Instructor Academy

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

Clinic Summary Notes

Clinic Topic: Snowboard Skills Session – Mike Ma

1. All good snowboarding stems from application of the 6 Snowboard Fundamentals in both able-bodied and adaptive snowboarding.
2. Take a strengths-based approach in your personal riding development. Rather than think in deficits, "I need to fix this/that," work from things that you already do well and build outward from there.
3. All good snowboarding starts from a neutral athletic stance. Whilst riding, this usually corresponds to a flat board in transition. From that point, there is a movement (a turn, jump, spin, etc.) that corresponds to a fundamental, and then a return to the neutral athletic stance before the next movement.
4. Employing concepts of DIRT, SPS, turn phases, etc. are tools to create more precise and tactical application of the fundamentals.
5. You can create identical or similar outcomes on snow by applying different fundamentals and different tactics. People are different, and that is ok! There is no one way to snowboard. Style matters. Efficiency matters. And these will be different for each person.
6. The above idea is the basis of the Adaptive Hypothesis. While this can get us ready for teaching adaptive, the same idea can be used to accelerate able-bodied lessons, including our own personal riding. EVERY LESSON IS ADAPTIVE.
7. The challenge as an instructor and a personal rider is to command both the fundamental knowledge and mastery of movements such that when you create an Adaptive Hypothesis, it is technically sound.
8. Freestyle improves freeriding, and vice versa. Work in elements of play and creativity into your own riding. Since they are based on the same fundamentals, you will see more rapid progression in your riding by blending both.