



Ski Spectacular Instructor Academy

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

Clinic Summary Notes

Clinic Topic: Breaking the Level 5 Mono Skiing Barrier, Barbara Szwebel

Clinic Description: Attendees will identify areas of seating and technical challenge for Level 5-7 monoskiers and work as a team to set skill development plans and activities sure to support mid-level breakthroughs for these monoskiers.

1. Identify and correct seating set-ups that compromise safety and effective skill implementation of intermediate monoskiers.

Kendra Betz - provided indoor seating session

2. Identify skill needs of various intermediate monoskiers.

Utilize MA on various terrain and snow conditions to identify skills needed for specific student goals.

3. Create lesson plans and activities for specific skill development of monoskier by incorporating Guest assessment as related to ski/ride level, equipment used and specific goal:
 - A. Previous skiing experiences and mono ski / ski used
 - B. Physical assessment / changes since last ski-trip
 - D. Medications/effects – any recent changes
 - E. Goal setting and pace of lesson
 - F. Determine learning preferences