



Ski Spectacular Instructor Academy

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

Clinic Summary Notes

Clinic Topic Exploring the Advanced Zone for Adaptive Stand Skiers - **Barbara Szwebel**

Clinic Date: Tuesday, December 6, 2022, 1:30 – 4:00 PM

Clinic Description: Bring your "A" game to this faster paced and technically in-depth ski and share session. Exploration of skills and terrain in the advanced zone will help you bring new insights of carving, short turns, and mastery of varying conditions and black terrain to your adaptive stand up ski guests looking to race or meet their top level skill goals this season.

Outcomes:

1. Describe how pole or outrigger movements positively support body movements in the turn.

Use reaching movements rather than blocking movements to facilitate fluid movements through the transition phase of the turns.
2. Understand and demonstrate activities and exercises to support carving on a variety of advanced zone slopes.
 1. Know your equipment and what size turn your ski can carve.
 2. What ski performance is needed to carve your ski throughout the turn.
 3. What body performance is needed to achieve edging/tipping?
3. Apply activities that support the development of advanced zone skill blending on varying terrain and conditions.
 1. Why do you turn - speed control or acceleration?
 2. What happens when you carve a clean turn (you gain speed!)
 3. Stay on the appropriate terrain to work on clean carving turns:
Find a slope gentle enough so you want to gain speed, not turn to slow down.

Barbara Szwebel 2022