



## Ski Spectacular Instructor Academy

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

### Clinic Summary Notes

**Clinic Topic:** Get in and Go!: Monoski – Barbara Szwebel  
**Clinic Date:** Thursday, December 8, 2022, 9:30 – 12:00 PM

**Clinic Description:** Time and duties overtake us as instructors and often we do not schedule skill development sessions for ourselves in adaptive equipment. This session allows you the opportunity to get into a monoski and go skiing to build your skills on easier terrain with guidance and feedback from the clinic leader. Bonus experience includes insights into teaching group monoski lessons. Plan ahead to know what seat padding you will need for an effective set-up for your ski session.

#### Outcomes:

Practice mono skiing independently. **Equipment selection**

- A. Monique
  - B. KBG
  - C. Nissin
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1. Recognize characteristics of each rig/ski:  
Fore/aft adjustments of seat for pressuring, dump of seat, height of seat, type of seat and seat back, strapping system
  2. Consider which characteristics of rig/ski offer advantages or disadvantages for the user and their individual needs.
  3. Safety: Lift loading and evacuation systems should be accessible to each individual user

Quick review of Outrigger sizing and placement

- A. Beginner: Keep outriggers shoulder with apart with equal pressure and reduce bolt to provide gliding vs braking configuration of rigger on snow
- B. Intermediate: Start to use asymmetrical outrigger steering
- C. Advanced: Use dynamic movements, extending the outrigger/s and, when possible, spinal extension to correspond with desired turn radius.