



Ski Spectacular Instructor Academy

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

Clinic Summary Notes

Clinic Topic: **Skiing in a Parallel Universe – Barbara Szwebel**

Clinic Date: Thursday, December 8, 2022, 1:30 – 4:00 PM

Clinic Description: Some guests with disabilities become so secure in their wedging abilities that it is quite a challenge to leave the movement behind and progress to parallel.

1. Identify guests who may best benefit learning “Direct to Parallel” skiing.

- Students who need lots of repetition to learn something, such as someone with Down Syndrome, Intellectual challenges, FAS, DD . . .
- Students who cannot, physically make a wedge, Someone with CP, severe duck footed stance, weakness of one side of the body . . .
- Students with severe supination (bowlegged) who have difficulty engaging inside/big toe edge.

2. Lesson plan that supports Direct to Parallel skill acquisition.

Go back to the beginning progression, addressing the 5 Fundamentals. Use the steppingstone approach while finding the best terrain.

- Walking through a turn – Start on flat terrain, progress to slight pitch (+ shuffle)
- Tactics: Across the hill = slower, down the hill = faster
- At increased speed use shuffle, rather than picking up feet
- Stopping: turning across the hill
- Reading terrain do adjust speed
- Shaping turn to control speed

Explore reasons behind & possible solutions for areas of difficulty. Introduce a sliding wedge for stability and “tight spots,” such as Lift line entrance.