



## **Ski Spectacular Instructor Academy**

**Hosted by The Hartford Ski Spectacular  
December 4-7, 2023**

### **Clinic Summary Notes**

#### **Clinic Topic: Adaptive Demo Skill Polishing for Trainers – Alex Davenport**

1. When fitting students in sit-down and stand-up equipment, always keep in mind having a positive skiing position. Sometimes less is more when it comes to padding and foam.
2. Check twice for pressure points. Take a close look for bolts and screws and ensure they aren't in contact with our students. Sometimes in the excitement to get sliding we can overlook pressure sore potentials. The results of pressure sores can be devastating.
3. Consider the level of injury for students with SCI and ensure our instructors are setting their students up for success. Proper equipment selection can make or break a lesson and can take considerable amounts of frustration away from both the student and the instructor.
4. Proper outrigger placement can prevent injury and promote success. Keeping a proper skiing position in mind, over-emphasize outrigger position during demonstrations.
5. When teaching first turns in sit-down equipment, promote counter rotation in your demonstrations. Demonstrate head and shoulders facing down the hill early and often to prevent over rotation. The skis will follow the shoulders!
6. Consider wider skis for beginner sit-ski demonstrations. Maintaining a flat ski prevents a heavy edge set many students struggle with when linking their first turns.
7. There are a lot of moving parts when tethering stand-up and sit ski equipment. Body position in relation to the student and hand position of the instructor can increase learning opportunities for students instead of hindering their ability to move freely.
8. Set students up for success by explaining the timing and direction of their first turn and be consistent with the countdown for release.
9. Log into the Matrix at <https://www.thesnowpros.org/thematrix> to watch PSIA/AASI videos of adaptive equipment demonstrations. Encourage your instructors to hop in equipment often to hone their skills.