



Ski Spectacular Instructor Academy

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

Clinic Summary Notes

Clinic Topic: Exploring Multi-Discipline Training Opportunities within Adaptive - Trevor Hildebrand

1. Your instructors likely all want to be useful and engaged. There is a spot for everyone, creating that culture to see similarities vs differences in the way we slide will set the team up to play well together.
2. Everyone has strengths, find them, and use them.
3. Consider your language... sliding applies to everyone, skiing/riding/boarding all apply to a specific group.
4. Consider where you stop - find a roll-over and stop on it where it is flat for the skiers to stand, and rolls onto terrain that the snowboarders can immediately strap in to move down the hill. Watch out for traffic coming from across the hill if you stop on a cat track.
5. All devices slide on snow, and have similarities in how they operate, just as they have differences. As an example: A mono ski or bi ski will turn to a stop the same way a snowboard does, and the same way a pair of skis do when they are maintained parallel. A mono ski and pair of skis have the option to split apart and create a wedge for a different friction source (wedge with outriggers for mono ski).
6. While it may look different with what we are doing with our bodies, the functionality of movements along the same planes as it relates to how our sliding devices move is the same to get similar outcomes.
7. While body movements may be different to accomplish the same effect on your sliding device, we all move towards the front of the device to pressure the tip/nose, and back to pressure the tails. We use a device (ankles/knees/hips/spine, or shocks and spine) to manage vertical pressure. We move across the devices laterally by shifting our COM. Twist is the only thing that snowboarders can intentionally do that isn't possible without another stationary object with skis.
8. There are 5 skiing fundamentals, and 6 snowboard fundamentals. Five of them are effectively the same. Twist is the only difference as noted in point 7 above.
9. Read the article "Learning from Others' Mistakes, That's Not Just Adaptive, That's Smart!" in
10. Read the about incorporating snowboarders into your program's culture in Central Lines, a PSIA/AASI Central Region publication at <https://psia-c.org/wp-content/uploads/2022-Issue-3.pdf>.
11. Use the 2022 Adaptive Alpine Standards as a training tool. Beginning on P. 10 the Learning Objectives tell you what you need to know or be able to perform, and the Learning Experiences guide you to how you can learn or perform it. Review the 2023 Adaptive Snowboard Standards, too. https://www.thesnowpros.org/download/PSIAAASI_Adaptive_Standards_10.22_v1.pdf. The same stands true for Alpine, Snowboard, Telemark, or Cross Country. Go play with the Learning Experiences listed to help guide your educational journey!