



## **Ski Spectacular Instructor Academy**

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

### **Clinic Summary Notes**

#### **Clinic Topic: Exploring the Advanced Zone for Adaptive Stand Skiers – Alex Davenport**

1. Understand Skiing fundamentals and how they apply to different stand-up adaptive disciplines i.e.. BK Amputation vs AK Amputation. The ability to adapt your teaching techniques to your specific student can lead to success on the hill.
2. Pole and rigger placement are key while performing dynamic turns. What effect does a certain body performance have on the skis and to what fundamental(s) does it apply? Be prepared to engage your students in guided discovery so they can feel what is efficient and inefficient.
3. Tipping movements to engage early edges and the importance of early outside ski pressure set your students up for more autonomy later in the turn. Body movements should come from the snow UP and subtle language changes can have drastic effects.
4. Trusting in your equipment and application of the DIRT concept from Alpine Technical Manual can lead to successful medium and short radius carved turns. The movement patterns and skill blending remain the same, but the timing, rate intensity and duration changes.
5. Practice edge focused drills on your own with the following activities: Railroad Tracks, Side Slips/Pivot Slips, Outside Ski Turns, Reverse Javelin Turns. When might these drills be appropriate for your students based on their skill level and diagnosis?
6. Understand the importance of properly tuned equipment. Take a tuning clinic to get the maximum performance out of your equipment. There is a plethora of information on the web- YouTube videos, instructional articles. How do we filter out the good from the great? Learn about tuning practices and supplies from a reputable shop in your town or a dealer like RaceWerks at <http://www.race-werks.com/> or Sun Valley ski Tools at [www.SVST.com](http://www.SVST.com).
7. It is important to know your and your students' limitations. Knowing when to pull back and when to push forward can lead to enjoying a long ski season. Recognize fatigue in your students and know how to approach the tail end of your lesson when mind and body are not matching up.
8. Read SkiMag Article by Jenny Wiegand: Learn to get your skis on Edge found at <https://www.skimag.com/performance/instruction/carving-drills/>
9. Explore "Ski: How to carve" and other great videos found at [www.matrix.thesnowpros.org](http://www.matrix.thesnowpros.org).