Ski Spectacular Instructor Academy

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Clinic Summary Notes

Clinic Topic: Fundamental Relationships: Outriggers - Beth Fox bfoxblizzard@gmail.com

1. Consider outrigger configuration, position, and use and how these elements can positively or negatively influence the skier when engaging in fundamental movements. Look at length, tail implement or shape, ski spring in gliding or braking configuration.

2. PSIA-AASI's Fundamental Mechanics and outrigger influence
    - Control the relationship of the center of mass to the base of support to direct pressure along the length of the skis.
        i. Outrigger length and joint flexion for mass over base
        ii. Outrigger tail configuration for gliding or braking movements, centered stance
    - Control pressure from ski to ski and direct pressure toward the outside ski.
        i. Extension from inside outrigger or blocking of outside outrigger to pressure outside ski
    - Control edge angles through a combination of inclination and angulation.
        i. Outrigger length and positioning can affect balance, inclination, and angulation, and for tipping initiation, maintenance, and prevention.
    - Control the skis' rotation with leg rotation, separate from the upper body.
        i. Outrigger placement to provide stabilization to prevent over rotation by body
        ii. Outrigger/arm rotation, outrigger rotary push off of inside or both outriggers or differential friction to initiate or augment turning
    - Regulate the magnitude of pressure created through ski/snow interaction.
        i. Outrigger length and spring configuration to help with joint flexion/extension

3. See photos and read about the fundamentals relative to outrigger users in *Fundamental Mechanics of Alpine Skiing Across Adaptive Disciplines* located at https://thesnowpros.org/download/PSIA_AdaptiveFundamentals_Final_web.pdf.