



Ski Spectacular Instructor Academy

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

Clinic Summary Notes

Clinic Topic: Hands-on Help for Stand Skiers – Ann Papenfuss Wing

1. This clinic was just an introduction. Next step: practice! You can find great information about practicing your tether skills in the Adaptive Alpine Technical Manual on pages 45-48. Spoiler alert: some of the drills can be done in your own home. Here's where you can find the manual: <https://thesnowpros.org/education/digital-manuals-for-every-discipline/>
2. Core (abdominals and back) muscle strength and engagement is a foundation for skiing success. Guess what? It's also a foundation for tethering success! Check out some Swiss Ball Plank Exercises for developing core strength: <https://thesnowpros.org/2019/07/09/3-off-season-exercises-to-build-your-best-ski-self/>
3. If you take care of your equipment, it will take care of you. And your student! Here's a checklist for tethering equipment:
 - a. Tethers and retention straps are free of cuts, frays, fuzzy areas, burns, swelling and crimps that cannot be stretched out. Stitching is present and not loose, worn, or cut.
 - b. Carabiners close completely. The carabiner is free of dents, dings, or rust that may impact the structural integrity of the device. The moving arm moves freely.
 - c. Tip retention devices are free of cuts, dents, or other deformities that may impact their integrity. The bolt is straight and moves freely; it is not stripped, so it may hold the skis or board securely when in place.
 - d. If the tip retention device includes a bungee, it is securely tied to the tip retention device. It is free of cuts and crimps that cannot be stretched out; it is flexible and has not dried out.
 - e. The pipe on a heel spreader is free of cuts or dents that might cause the pipe to break. The metal disks on the heel spreader are present. The bungee is securely tied and is free of cuts and crimps that cannot be stretched out; it is flexible and has not dried out.
4. Want to see a good example of a two-point hold and tethering? Check out this Matrix video for four-trackers. The two-point hold demonstration begins at about 3:55 and the tethering at approximately 4:29. <https://www.youtube.com/watch?v=BgiXVaaSZfg&t=269s>