



## **Ski Spectacular Instructor Academy**

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

### **Clinic Summary Notes**

#### **Clinic Topic: High Performance Alpine Skiing – Alex Davenport**

1. Dynamic blend of fundamentals. Think of body performance from the snow up. What effect do they have on your skis?
2. Manage consistent speed and flow on-piste by generating power through turns. Take your skis for a ride vs parking and letting them ride you. If successful, you can have options throughout the entire turn and avoid getting “stuck” in a turn shape based on the radius of your skis.
3. Think and feel and visualize turn shape from Apex to Apex instead of Finish to Finish. This will help generate power from one turn to the next. Use the rebound in your skis to go from one set of edges effectively and efficiently to the next.
4. Set yourself up for success at the top of the turn to give yourself options through the finish. Step. Tip. Turn. This can help avoid braking at the end of each turn causing a loss in momentum going into the next turn.
5. Explore the differences between tactics and techniques in demanding terrain. You might not always have time to make precise and calculated movements. Manage the magnitude of pressure created between the ski/snow interface so you can be ready to make quick adjustments when snow snakes catch you off guard!
6. Play with different skills blending to see the effect you can create and how these blends may help you in varying situations. Try these specific activities: Linked Pivot Slips, Outside Ski Turns, Javelin Turns
7. Read the Play with Pressure article in 32 Degrees magazine found at <https://www.qgdigitalpublishing.com/publication/?m=66310&i=764431&p=4&ver=html5> How can you apply these pressure concepts to your everyday skiing?
8. Read about skiing and teaching in the Advanced Zone- Alpine Technical Manual Chapter 7. Log into The Matrix at <https://www.thesnowpros.org/thematrix> to watch PSIA/AASI videos of skiing tactics in powder, steeps and crud.