



Ski Spectacular Instructor Academy

**Hosted by The Hartford Ski Spectacular
December 4-8, 2023**

Clinic Summary Notes

Clinic Topic: Moguls made Easy for 3-Track, 4-Track, and Monoskiers – Colleen Farrell

1. Outrigger set up information can be reviewed at PSIA, *Adaptive Alpine Technical Manual*, 2017, American Snowsports Education Association, Inc. Chapter 6 (Introduction to Three and Four Track Skiing, skiing with a slider, and outrigger use) and Chapter 7 (Teaching Progressions for three and four track skiing) and Chapter 10 (Teaching progressions for mono-skiing) then check out Appendix A (Physics and phases of Outrigger Use).
2. For tactics, terrain characteristics, and moguls run options review the following:
www.bumpsforboomers.com.
3. For all exercises review PSIA, *Tactics for All Mountain Skiing* by Chris Fellows, 2006, American Snowsports Education Association, Inc. Chapter 2 (Mogul Tactics).
4. Additional resource PSIA, *Alpine Technical Manual*, 2014, American Snowsports Education Association, Inc. Chapter 7 (Teaching – Developing Technical Content).
5. Access PSIA-AASI digital manuals for free at <https://thesnowpros.org/education/digital-manuals-for-every-discipline/>.