



## **Ski Spectacular Instructor Academy**

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

### **Clinic Summary Notes**

**Clinic Topic:** Monoski: Assess, Equip, Teach, Assist - Trevor Hildebrand

1. Getting the ski fit right is hugely important and will impact their skiing positively or negatively based on how well you did. Double check it if they are falling or have a challenge turning to one side.
2. Every time a student falls, have them readjust and retighten straps until they are intermediate sliders. They likely don't have enough detailed sense of what is right or wrong, just like when you try a new sport and you don't know what "doing it right" feels like until you have felt it both ways with enough repetition to isolate out that sensation.
3. Don't fit the student with items in their pockets, clothes bunched up, or without padding where padding is needed - avoid pressure sores!
4. Lifts are commonly scary for novice and even intermediate mono skiers. Take the time to walk them through the process, and not feel rushed when loading/unloading.
5. Ask before you touch!
6. Have a plan. This is for the lifts, for the day, for the run, for the Everything; and have an escape route out and a back-up contingency plan.
7. Rushing through the novice zone will cause a large delay/plateau in the intermediate zone. Go slow and teach them well.
8. There is not one ski for everyone, and everyone won't fit into every ski. Know your equipment and what else is out there on the market (or what you have). Enabling Tech, DynAccess, Tessier, Prashberger, Nissin, KBG, HOC, TRF, Yeti.
9. Watch this video from Green Mountain Adaptive Sports on Dialing in a Monoski. While it is targeted at mono skiers who own their own skis, there is hugely valuable stuff in here!  
<https://www.youtube.com/watch?v=PdDQnhvPts>
10. There are several short videos on the Matrix that line up with the topics covered in the clinic. Some of these are: Transfer Mono Ski, Adaptive Skiing: Coaching Fundamentals for Mono-Skiers, Lift Load Bi Ski and Mono Ski, Putting Boot into Bindings and Blocking Bindings, etc. See them here (PSIA/AASI Log-In Required)  
<https://matrix.thesnowpros.org/filter/?discipline=adaptive>
11. The adaptive alpine technical manual has progressions listed in chapter 10. Digital version of the manual can be accessed at <https://www.thesnowpros.org/education/digital-manuals-for-every-discipline/>.

# Sit Ski Fitting

## 1. Identify common problem points:

- a. Greater Trochanter (upper end of femur)
- b. Iliac Crest (upper part of pelvis - hip bones)
- c. Sit Bones (Ischial Tuberosity)
- d. Posterior (back side) of thighs rubbing on edge of bucket
- e. Tail bone (Coccyx) and Sacrum
- f. Lumbar Spine
- g. Straps, clothing, and padding that have folds or creases in them
- h. Phones, keys, etc. in pockets
- i. Forearm from cuff of hand-held outriggers
- j. Wherever there are bolts or straps protruding from the bucket
- k. Catheter and leg bag
- l. Colostomy bag

## 2. Comfort:

- a. Get the right sized seat before they get in the seat.
- b. Tighten bolts/nuts to make flush with seat.
- c. Pad or cover any areas that are not flush and pose a risk of rubbing (bolts, nuts, straps, edges of seat, etc.).
- d. Remove items from skier/rider's pants and jacket pockets.
- e. Pull straps out of seat so they don't sit on them, and remove all twists.
- f. Pad where there are bony protrusions (sit bones, hip bones, greater trochanter, etc. - see point #1)
- g. Pad where there are any pre-existing sores or pain points.
- h. Make appropriate adjustments to fit the skier/rider. Whatever is comfortable for them, but also athletic. This includes adjusting the dump of the bucket to match their leg angle for full contact along the length of the thigh so pressure is not greater on the sit bones, or the edge of the seat.
- i. Adjust the length of the forearm cuff (of outrigger) to align with the meaty part of the forearm without it encroaching on the mobility of the elbow.

## 3. Alignment:

- a. Look for a line going up between their legs to their jacket zipper to their nose (ideal).
- b. Knees should be at same height and distance from the back of the seat (ideal).

## 4. Balance:

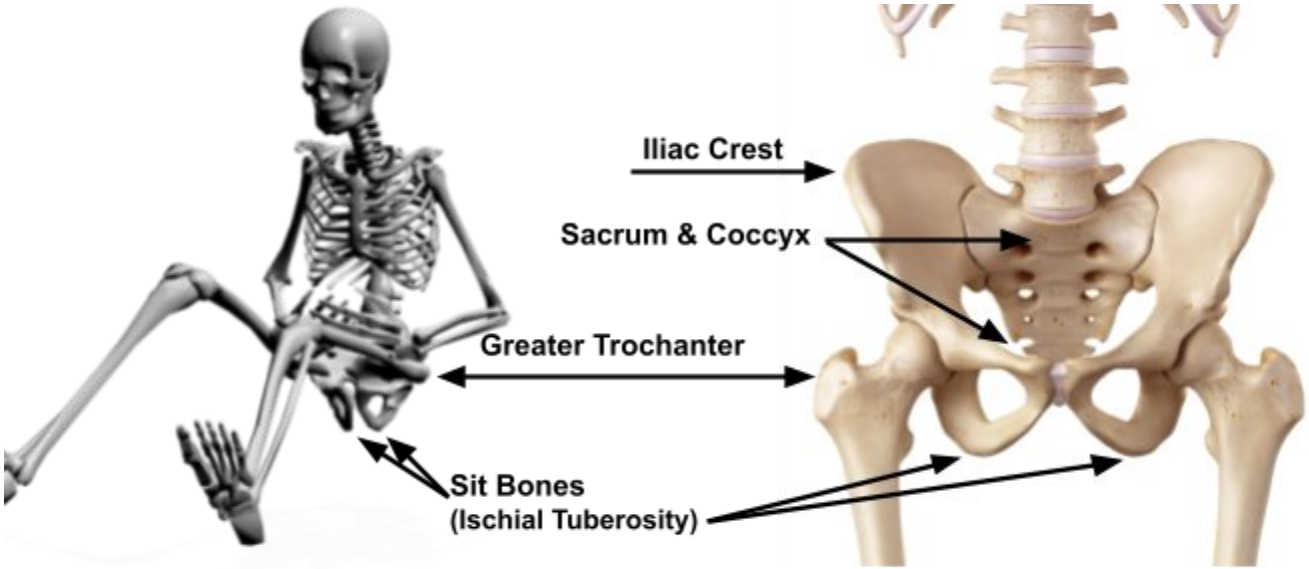
- a. Pad in areas that are needed to maintain balance.
- b. Fill the voids so there is contact between the body and seat along hips, lower

## 5. Snug as a Hug:

- a. Strap in with the hip strap first, making it snug like a giant hug from your best friend that you haven't seen in years.
- b. Ensure you are not cutting off flow in a catheter when tightening down straps
- c. Strap up to the level of mobility, or whatever fits the skier/rider's needs to match their goals.
- d. Fill the voids of the arm cuffs on hand held outriggers and make sure it is snug.

## 6. Reassess at the top of each run, after every fall, and if there are any issues.

# Sit Ski Fitting



Example of some in-depth padding on a mono-ski.

