



Ski Spectacular Instructor Academy

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

Clinic Summary Notes

Clinic Topic: Movement Analysis Made Easy – Mary Ellen Whitney

- Primary Focus:** Investigate common motor skill/physical characteristics related to the fundamentals and understand the 3 phases of Movement Analysis: Observation, Evaluation and Prescription
- Strategy/Tactics:** observing skiers on the mountain, practice the following process:
 - **Identify Student Profile & Goals:** "This skier is . . ."
 - **Observations & Description:** "I see this skier doing this. . ."
 - *Does his/her disability influence those movements?
 - Cause & Effect Relationship: "Because of . . . , the result is . . ."
 - Prioritize: "I would work on . . . , because . . ."
 - What is most important? Set one achievable goal, *based on what the skier can do. physically. cognitively or emotionally!!!!*
 - **Prescription for change:**
 - Make sure the activities reflect your goal and relate to fundamental movements.
- Resources:
 - Movement Analysis - Alpine Skiing Technical Manual P. 39-46 available through PSIA at www.thesnowpros.com
 - Visual Cues to Effective Skiing cards available through the PSIA Accessories catalog www.thesnowpros.com
 - Movement Assessment – Core Concepts Manual P 30-34 available through PSIA at www.thesnowpros.com
 - Movement Analysis video and other resources available with a subscription to the PSIA Alpine Matrix available for online viewing and learning! Contact PSIA at www.thesnowpros.com.