Clinic Summary Notes

Clinic Topic: Movement Analysis Made Easy – Mary Ellen Whitney

1. **Primary Focus:** Investigate common motor skill/physical characteristics related to the fundamentals and understand the 3 phases of Movement Analysis: Observation, Evaluation and Prescription

2. **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.

3. **Resources:**
   - Visual Cues to Effective Skiing cards available through the PSIA Accessories catalog [www.thesnowpros.com](http://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](http://www.thesnowpros.com).