



## **PSIA-AASI National Adaptive Academy**

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

### **Clinic Reminders**

#### **Clinic Topic: Movement Analysis: On-snow Application Outline -Ryan Latham**

1. Stick to one fundamental
2. Describe ski performance
3. Describe body performance using joint specific language
4. Use DIRT (Duration, Intensity, Rate, Timing)
5. Remember, movement analysis means nothing unless it's tempered with the students' understanding, motivations, and intent!

Alpine Technical Manual pg 81-96

Big Picture Skiing

[https://www.youtube.com/channel/UCIZ8L0sM5\\_tzrqJXwgL1MXQ](https://www.youtube.com/channel/UCIZ8L0sM5_tzrqJXwgL1MXQ)

PSIA Online Webinars, Search for Movement Analysis after login

<https://lms.thesnowpros.org/lms-courses/>