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/UClZ8L0sM5_tzrqJXwgL1MXQ

PSIA Online Webinars, Search for Movement Analysis after login
https://lms.thesnowpros.org/lms-courses/