



Ski Spectacular Instructor Academy

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

Clinic Summary Notes

Clinic Topic: Snowboard Movement Analysis

Know what you are looking for, and how to describe what you are seeing

1. Pick one thing at a time
2. What is the most obvious thing affecting board performance
3. What is the most obvious prescription for change?
4. How can additional equipment help/hinder that change?

Explore different ways of assessing movement analysis and different ways to convey it

1. Bottom up
2. Top down
3. Middle out
4. How do we communicate one thing instead of the whole picture?
5. Proper recognition of relation of body movement to board performance

Understanding of ways equipment can enhance and prohibit desired outcomes

1. What is the equipment designed to do?
2. Does the student have the capacity to use the equipment in a way that will produce desired outcomes?
3. Is there potential to have the equipment instill bad habits?
4. Is there a progression to get students off equipment once good habits have been instilled?

Please refer to thesnowpros.org for detailed explanations of concepts presented