



## Ski Spectacular Instructor Academy

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

### Clinic Summary Notes

**Clinic Topic:** You Really got a Hold On Me – Introduction to Adaptive Tethering – Tara Gorman

1. Growth VS fixed mindset: "I'm working toward ownership of this skill and by following my plan I will get it."
2. Tethering is a teaching tool that provides kinesthetic cues to students as they build skills, confidence, and potentially independence.
3. Why are you tethering? "To enhance turn shape, provide speed control, and make emergency stops." Ultimately, to provide a safe experience to teach, learn, and play.
4. Core (abdominals and back) muscle strength and engagement is a foundation for skiing success. A stable core allows a person access to better control of all limbs and the head and leads to good blending of skills. A strong core allows the tether more versatility in terrain when appropriate.
5. Positioning for a tether is essential to a sit-down student. You are positioned behind and slightly inside of your student's turns.
6. Positioning, core strength, and the "power -box" provides the strongest tether leverage, in all disciplines.
7. Developing Tethering Skills prior to hitting the snow is highly suggested. Read the *Adaptive Alpine Technical Manual*, pg. 45 for a review of "at home" exercises. Free digital copies of PSIA-AASI manuals at <https://thesnowpros.org/education/digital-manuals-for-every-discipline/>.
8. At home exercises: See *Adaptive Alpine Technical Manual* pg. 45.
  - a. Wrapping and unwrapping the tethers using a chair
  - b. Practice turning the chair, using subtle movements, keeping your arms in "power box"
  - c. How are the movements different for a stand-up skier that is tethered?
9. Videos to watch.
  - [Good management of a wrap/unwrap](#)
  - [Tethering Tips to improve the Bi Ski experience](#)
10. Synchronized Skiing is essential to on-hill tethering practice. "Positioning is slightly inside of your student's turn and synchronized. It is essential that you ski a narrower corridor than your student by remaining inside the anticipated next turn." *Adaptive Alpine Technical Manual* pg. 44