



Ski Spectacular Instructor Academy

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

Clinic Summary Notes

Clinic Topic: Snowboard skills session

When you are riding let's think about the basic fundamentals and how they apply to various parts of the turn.

1. Timing, Intensity, Duration
2. Ways the body is affecting the board through the turn
3. What are the planes of movement and how do they affect board performance (vertical, horizontal, lateral)

What are the board performance concepts?

1. Tilt
2. Twist
3. Pivot
4. Pressure

Refer to the PSIA/AASI site: thesnowpros.org

An adaptive snowboard lesson is an adaptation of what?

1. Basic progressions
2. Maslow
3. Intro and summary
4. Guest centered service

How will different board shapes affect the board performance?

1. Directional board vs twin tip vs race board
2. Camber vs flat
3. Rocker vs. traditional
4. Sharp vs detuned edges

Separate out one movement and give prescription for improvement

Remember the drills and reference the Snowboarding technical skills performance guide:

https://thesnowpros.org/download/SB_snowboard_performance_PG-nov2022.pdf

Don't forget to have fun!