



PSIA-AASI National Adaptive Academy

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

Clinic Reminders

Teaching Movement Analysis to Instructors via Skier Improvement Clinics

1. Movement analysis is a learned and practiced skill which we can improve upon, it's not an inherent trait.
2. When teaching movement analysis, try to teach specific skills that increase understanding of the group. Try not to just watch a video and point out everything that is "wrong."
3. Use specific drills to highlight specific movements and try to relate them back to the whole.
4. Movement analysis is the study of movement, not wrong or right. If something catches your eye that you like, speak up! People love to hear what they are doing right.
5. Having a specific focus on what you are trying to achieve keeps the conversation on topic and relevant. Make sure you have a focus.

Alpine Technical Manual pg 81-96

Big Picture Skiing

https://www.youtube.com/channel/UCIZ8L0sM5_tzrqJXwgL1MXQ

PSIA Online Webinars, Search for Movement Analysis after login

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

PSIA-RM-AASI Alpine Ski IDP (Has fundamental specific maneuvers)

<https://www.psia-rm.org/download/resources/alpine-documents/alpine-level-3/Skiing-IDP-2019-Final.pdf>