



Ski Spectacular Instructor Academy

**Hosted by The Hartford Ski Spectacular
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Clinic Summary Notes

Clinic Topic: Tools for Communicating Concepts to Lesson Guests with Visual Diagnoses - Beth Fox
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1. Get to know the sports and movement background and learning preferences of the guest. Use previously understood knowledge, movements, and body awareness as a base for new info.
2. Learn about the guests' vision by engaging in conversation and a thorough vision assessment:
 - C – Color
 - A – Acuity
 - F – Field
 - C – Contrast sensitivity
 - O – Oculomotor movements
 - D – Depth perception
3. Communication cues for teaching and guiding:
 - V – Visual cues: Types of cues that are meaningful such as writing or drawing, consider font
 - A – Auditory cues: Verbal descriptions or sound cues with definitions, evaluate for simplicity
 - K – Kinesthetic cues: hand-under-hand, palm drawing, relief tracing, moldable figurine
4. Demonstrate skiing equipment and concepts via cardboard cutout or popsicle stick skis, slanted tabletops, or bamboo poles for:
 - Equipment and functions – skis, boots, poles; edge, turn, bend
 - Surfaces and conditions – snow type, slopes, gradients via
 - Directional movement – Fall line, sliding, slipping, slowing
 - Ski positioning for functionality – parallel, sidestep, wedge
5. Assists for understanding and physical literacy
 - Hands-on: Molding, arm-in-arm, 2-point hold
 - Tools while stationary or in motion: single or double horizontal bamboo pole(s), I-bar, bicycle inner tube
 - Vocal: Sculpting, tone, cadence, volume
6. Common understanding – check in often with the guest and ask for examples and describers back to be certain that the guest understands the words and associated concepts you are implementing.