



## **Ski Spectacular Instructor Academy**

**Hosted by The Hartford Ski Spectacular  
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### **Clinic Summary Notes**

**Clinic Topic: A New View of Exercises and Activities** - Ryan Latham [ryanclatham@gmail.com](mailto:ryanclatham@gmail.com)

1. In order to create exercises and activities for understanding movement, instructors have to first understand the skiing fundamentals and how they blend with each other in order to create effective skiing.
2. Using observation, we can look at our students and find common movement inaccuracies that we can address using different exercises and activities.
3. Once we select a primary fundamental, we can select an activity and by using different speeds, terrain, pacing, or amount of information given we can change the challenge and adjust how much skill it takes to achieve the task.
4. We can use similar activities that highlight multiple skills. By taking a critical view of the skills, we normally use, we can begin to select new activities or combine activities to create new ones!