



Ski Spectacular Instructor Academy

**Hosted by The Hartford Ski Spectacular
December 9-12, 2024**

Clinic Summary Notes

Clinic Topic: Adaptive Lesson Observation – Recognizing Application of Fundamental Mechanics of Alpine Skiing – Chad Biggerstaff

1. The proper use and blend of PSIA's Alpine Fundamentals allow us to ski safely down the mountain in any terrain and conditions and as we improve in each we can effectively take on more difficult terrain and conditions.
 - a. Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body (rotation).
 - b. Control edge angles through a combination of inclination and angulation (edging).
 - c. Control the relationship of the Center of Mass to the base of support to direct pressure along the length of the skis (fore/aft pressure).
 - d. Control pressure from ski to ski and direct pressure toward the outside ski (foot to foot or side to side pressure).
 - e. Regulate the magnitude of pressure created through ski/snow interaction (vertical pressure).
2. REPPP – Rotation/Edging/Pressure/Pressure/Pressure.
3. Start with your students' ski performance to determine which fundamental needs to be developed first and how you can support the student in that development – focus on one fundamental at a time.
4. Learn two or three different ways of working on each fundamental so that you can vary your teaching approach if something isn't working or even just to provide variety for your student in the lesson.
5. Observing other instructors teaching in lessons is an incredible opportunity to increase your knowledge and build out your toolbox to help you become the best instructor you can be so take that opportunity any chance you get!!
6. PSIA Fundamental Mechanics of Alpine Skiing Across Adaptive Disciplines
https://thesnowpros.org/download/PSIA_AdaptiveFundamentals_Final_web.pdf