



## Ski Spectacular Instructor Academy

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

**Clinic Topic: Adaptive Lesson Observation – Movement Analysis Application (Available discipline)** - Geoff Krill [geoff@geoffkrill.com](mailto:geoff@geoffkrill.com)

1. Movement analysis is the process of observing a movement, evaluating the relevance and effect of that movement on other movements, and the action of the skis, and prescribing changes for enhanced efficiency, effectiveness and performance - *Alpine Technical Manual* at <https://thesnowpros.org/education/digital-manuals-for-every-discipline/>.
2. The movements are evaluated with respect to the five alpine skiing Fundamentals.
3. Movement analysis approach. Whole to Part, Top Down, or Bottom up. It doesn't matter which you choose.
4. Looking at the skis:
  - a. Where is the snow being sprayed in the turn shape?
  - b. Are turns carved or skidded?
  - c. Where and when are the edges engaged in the turn? Is there more or less edging at certain points?
5. Ways to look at ski behavior. These are not good or bad, just observations.
  - a. Does the ski leave a round arc in the snow?
  - b. Does the ski pivot under foot, at the tip or the tail?
  - c. Do skis, if there are two of them, stay the same distance apart throughout the turn?
  - d. Do ski edges grip snow or slide across it?
  - e. Do skis or outriggers move simultaneously or sequentially?
6. For further study take the Movement Analysis E-learning course on PSIA's website at [www.Thesnowpros.org](http://www.Thesnowpros.org).
7. Google Ron Kipp and watch Ron Kipp's What to Look For on his YouTube videos.