



Ski Spectacular Instructor Academy

**Hosted by The Hartford Ski Spectacular
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Clinic Summary Notes

Clinic Topic: Adaptive Tool Use to Enhance Your Personal Skiing or Riding Skills and Technical Understanding - Ryan Latham ryanclatham@gmail.com

1. Common adaptive tools can make for great tools to help instructors understand their own personal riding. By experimenting with the usage of these tools, an instructor to be creative on their usage and have a better understanding of when and where to use the tool.
2. By adjusting the setup on an outrigger, you can create an external force that will help you to understand
 - a. How to create a movement-e.g., "tip your body more"
 - b. Stop/brace a movement-e.g., stop "tipping your body more here"
 - c. Recover from a movement-e.g., "move your body upright here"
3. Using cants and shims in our boots, we can understand our own personal movement biases and how important an effective setup is.
4. Using TheraBand's or other external inputs, we can understand how our body moves and how to hold more effective tension when it counts.