

2024



## **Ski Spectacular Instructor Academy**

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

### **Clinic Summary Notes**

**Clinic Topic:** Apply PSIA's Alpine Fundamental Mechanics Throughout Adaptive Disciplines

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 are able to take on more difficult terrain and conditions.
2. Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body (rotation).
3. Control edge angles through a combination of inclination and angulation (edging).
4. 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).
5. Control pressure from ski to ski and direct pressure toward the outside ski (foot to foot or side to side pressure).
6. Regulate the magnitude of pressure created through ski/snow interaction (vertical pressure).
7. REPPP – Rotation/Edging/Pressure/Pressure/Pressure.
8. Remember to adjust the dials of each of the fundamentals based on terrain, features, and conditions.
9. Think about how the fundamentals apply to all different adaptive disciplines.
10. When you are free skiing play with varying the DIRT of one fundamental at a time to gain better understanding and control of each and have fun!!!