



## **Ski Spectacular Instructor Academy**

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

### **Clinic Summary Notes**

**Clinic Topic: Breaking Out of the Beginner Zone for Monoskiers** - Geoff Krill  
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1. Understand fit and function of seating for desired outcomes and skill acquisition.
  - A. Types of fit kits; Aspen seating; and abdominal support
  - B. Lateral support is important to start movement across the ski
  - C. A level pelvis is crucial to the start of any fitting for optimal performance
2. Understand movement analysis baseline for mono skiers.
  - A. Outriggers and arms behave just like feet and legs
  - B. The same movement problems in alpine skiing are often present in mono skiing
  - C. Observe, evaluate, prescribe
  - D. Use bottom up or top-down approach to Movement Analysis (personal preference)
3. Know where Fundamentals are influenced and by what body parts in mono skiers
  - A. All five fundamentals do not change in mono skiers
  - B. Rotational movements are initiated by differential friction of outrigger snow interaction
  - C. The closest moving joint to the snow is the pelvis
4. Know what common problems exist and a pathway to correct them
  - A. Alpine progressions and tasks have the same impact for coaching inefficient movements
  - B. Use what you learned in problem solving your own skiing to influence your coaching choice
5. Expanded learning resources:
  - A. PSIA-AASI e-Learning courses at [www.TheSnowPros.org](http://www.TheSnowPros.org)
    - i. Monoski
    - ii. Movement Analysis
  - B. Ron Kipp's What to look for on YouTube