



Ski Spectacular Instructor Academy

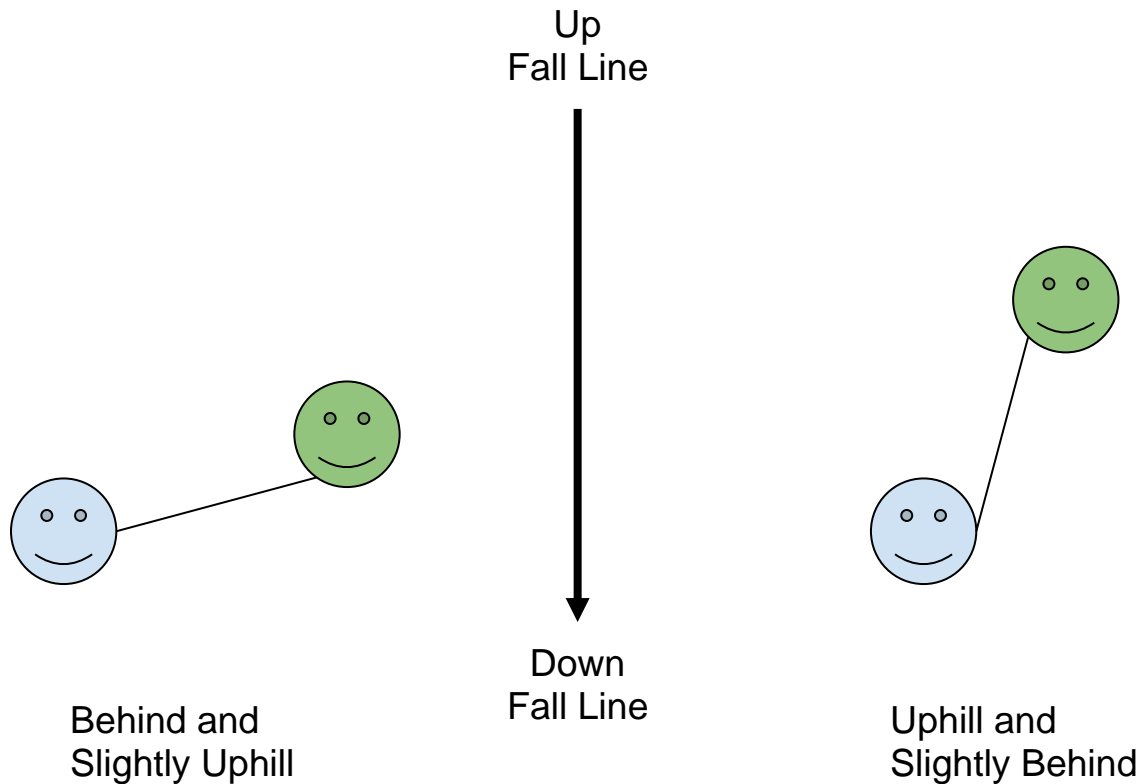
Hosted by The Hartford Ski Spectacular
December 9-12, 2024

Clinic Summary Notes

Clinic Topic: Moving from Good to Great Tethering - Trevor Hildebrand hildetf@gmail.com

1. Inspect your tethers:
 - **Should** feel supple, and can twist and bend easily throughout its length
 - Should **not** have burn marks
 - Should **not** have melted spots
 - Should **not** have tears or cuts
 - Should **not** have excessive abrasions
 - Should **not** have UV deterioration (faded coloring or brittleness)
 - Should **not** have knots except at the ends if not sewn
2. Tether attachment for coaches is down to skin or to a harness
3. Common Tether Lengths (may vary based on preference and need)
 - 4.5' - Hand Tether for Driving Bi-Skis
 - 6' - Tether Bi Ski with Fixed Outriggers from a Snowboard (typical)
 - 8' - Tether Bi Ski with Fixed Outriggers from Skis (typical)
 - 8' - Tether Bi Ski with Fixed Outriggers from a Snowboard (long)
 - 10' - Tether Bi Ski with Fixed Outriggers from Skis (long)
 - 10' - Single Waist Tether for Back-up and Emergency Stop for Stand-up Skiers and Riders
 - 10' - Double Waist Tether for Snowboarders (typical)
 - 10' - Tether Slider
 - 12' - Tether Bi Ski with Handheld Outriggers (advanced beginners)
 - 12' - Double Waist Tether for Stand-up Skiers
 - 12' - Double Waist Tether for Snowboarders (long)
 - 12' - Tether Tip Connectors for Kids
 - 12' - Tether Tip Connectors for Snowboards
 - 14' - Tether Bi Ski with Handheld Outriggers (intermediates)
 - 14' - Tether Tip Connectors for adults

4. Your positioning is important! Behind and slightly uphill for tethering stand-up skiers/riders, sliders, and bi-skis with hand-held outriggers. Uphill and slightly behind for tethering bi-skis with fixed outriggers.



5. Athlete Experience is important. With a good tethering experience they feel the movements you want them to make, they are not pulled out of balance, they are contributing and you are supplementing for movements they cannot yet make.
6. Safety on the slopes is mandatory.
 - o You take up a large footprint on the hill. Make sure you have the room and are not further back than you need to be.
7. Your student likely cannot stop independently in both directions if they are on tethers. Use the terrain to help you stop, or you will wear yourself out!