



Ski Spectacular Instructor Academy

**Hosted by The Hartford Ski Spectacular
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Clinic Summary Notes

Clinic Topic: Coaching to Support Independence in Adaptive Snowboard Lessons – Tera Adams tera.adams@adaptiveatsnow.org

1. Review of learning styles
 - Visual
 - Auditory
 - Kinesthetic
 - Doers, Feelers, Thinkers, Watchers
2. CAP model
 - Cognitive
 - Affective
 - Physical
3. Independence
 - Why does it matter?
 - More than one definition.
 - Who is making the rules?
 - Real vs Ideal
4. Fear: what is the effect?
 - How does terrain play into independence
 - All behavior is communication
5. Sneaky teaching and sneaky learning
 - Teaching without teaching
 - Learning unannounced
6. Wrap up activity:
 - "If Bob Marely was a roller coaster"