



Ski Spectacular Instructor Academy

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

Clinic Summary Notes

Clinic Topic: Movement Analysis – Charley Phelan

1. Ski vs Body terminology.
2. Use different terminology for the ski and body.
3. Reflect like a mirror no judgment.
4. Keep feedback less than a minute. Keep it simple
5. Refer to the 5 fundamentals of alpine skiing.
6. There are no wrong answers. You are describing your observations.
7. Practice online. Look at videos on PSIA's Matrix at www.TheSnowPros.org.
8. If you understand body movements and their effects it doesn't matter what discipline you teach. The ski and ski to snow interaction doesn't change between disciplines.
9. Explore similarities and differences between alpine and adaptive by reading the *Adaptive Alpine Technical Manual* and the *Alpine Technical Manual* at <https://thesnowpros.org/education/digital-manuals-for-every-discipline/>.