



## **Ski Spectacular Instructor Academy**

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

### **Clinic Summary Notes**

#### **Clinic Topic: 2 Day Workshop Monoski: Access, Equip, Teach, Assist – Charley Phelan**

1. Identify guest motivations and movement needs. What needs are required for monoskiing? What is the guests' mindset? Does the guest have the time to learn to monoski? What movements can the guest make?
2. Choosing the best monoski allows the opportunity for the guest to attain the highest level of success and achieve their goals. Research monoskis. Identify three types of monoskis, recognize their similarities and differences, and identify specific monoskis that could meet the needs of guests with specific diagnoses.
3. How do the following factors affect ski to snow interaction: frame height, body position, structural support, ski choice, and ski tune?
4. Teach to what your guest wants to learn. Build a strong relationship with your guest. Praise all successes. Be patient.
5. Use appropriate terrain. New skill old terrain, old skill new terrain (the power of 1).
6. There is a difference between doing for and teaching how to. When teaching your student allow the person to try as much as possible on their own. The student won't learn if you do it for them.
7. Read the *Adaptive Alpine Technical Manual* especially the chapter on monoskiing. <https://thesnowpros.org/education/digital-manuals-for-every-discipline/>.
8. Check out info in the *Alpine Technical Manual*. The ski and ski to snow interaction doesn't change with the discipline. <https://thesnowpros.org/education/digital-manuals-for-every-discipline/>.
9. Explore similarities and differences between alpine and adaptive skiing.
10. Ski, Play, explore various combinations of frames, skis, and movements to learn more.