



Ski Spectacular Instructor Academy

Hosted by The Hartford Ski Spectacular
December 8-14, 2024

Clinic Summary Notes

Clinic Topic: You Really Got A Hold On Me: Introduction to Adaptive Tethering

1. Growth vs. Fixed Mindset: "I am working towards ownership of this skill and following my plan, I will get it." Visualize.
2. The purpose of tethering: Ultimately, to provide an experience to teach, learn and play in by providing enhanced turn shape, speed control, and safety.
3. Safety begins with you and the care of the equipment used to accomplish the safest lesson on the mountain. Take proper care of the equipment, put things away where they belong, alert program supervisors when something is wrong.
4. Practice loading and unloading chairlifts without tethers and without during on-snow training.
5. Acronyms are your friend while loading and unloading a chairlift.
 - a. **STOPP** – Safety Strap (retention strap or device) is easily accessible, Tethers are properly stowed per program protocol, Outriggers are in the correct position for loading, or removed, Pin/loading mechanism is in proper position, Practice lift.
 - b. **Bowls** - Bring down or put up the comfort bar, Outriggers are in ski position, Wiggle a little, Loading mechanism is ready for unload, and Safety strap (retention strap) is removed and properly stowed.
6. Practice really helps. The position of the tether and student is crucial to the success of the lesson and the improvement of the student.
 - a. Watch [Tethering Tips to Improve the Bi Ski Experience](#)
 - b. Tether is positioned behind and slightly inside of the student's turn.
 - c. It is essential that you ski a narrower corridor than your student.
7. When tethering communication is KEY! Be sure to communicate before, during, and after each segment of the lesson and always ask permission.
8. Please study the [Adaptive Alpine Technical Manual](#), specifically Pg. 43-50 on Tethering.
9. The Power Box stance while tethering is crucial to your success and safety.
 - a. Hold your upper arms close to your center of mass and slightly forward of your torso.
 - b. Flex elbows so your hands are perpendicular to your torso.
10. At Home Exercises, to really "nerd" out and become a really good tetherer.
 - a. Wrap/unwrap the tether using a chair. Get the feel of the tethers in your hands.
 - b. Stay in the "power box" while moving and directing the chair.



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