



## **Ski Spectacular Instructor Academy**

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

### **Clinic Summary Notes**

**Clinic Topic: Use the CARV Platform to Coach Adaptive Athletes and Yourself!** - Ryan Latham [ryanclatham@gmail.com](mailto:ryanclatham@gmail.com)

1. CARV is a tool that can be used by adaptive athletes and coaches to get a more objective analysis of their skiing. As a tool, to get the most out of it, you have to understand the data that it is collecting and analyzing to help the user make effective changes
2. Every turn is compared to millions of other turns, with an emphasis on how skills blend and create performance against the snow. It rewards higher performance turns but can still be used as an effective tool for higher level beginners through advanced skiers.
3. The modes CARV currently provides are:
  - a. Free ski mode-Tracks your skiing and provides a Ski:IQ score, audio feedback, and tips after each run.
  - b. Training mode-Focuses on specific skills, with 20 levels to complete for each skill. You'll receive real-time feedback through your headphones.
  - c. Challenge mode-Has "games" like skiing to a metronome, or most turns in 30 seconds to compete with yourself or others.
  - d. Monitor mode-Provides real-time audio readouts of your metric scores for each turn. Some of the metrics include:
    - i. Early edging: How much you tilt your inside ski onto its edge at the start of a turn
    - ii. Outside ski pressure: A metric that Carv measures
    - iii. Edge similarity: How well you tip both skis onto their edges at the same time
    - iv. Edge angle: A metric that Carv measures
    - v. Fore-aft ratio: A metric that Carv measures
4. The data given on "monitor mode" or "training mode" may provide accurate information for learning for all people, but may work particularly well with certain diagnosis
5. The gamification and data overload may create some unintended consequences and risks that should be accounted for.

