



Ski Spectacular Instructor Academy

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Clinic Summary Notes

Clinic Topic: Versatility of the Slider Apparatus - Beth Fox bfoxblizzard@gmail.com

1. Safety comes first with Slider.
 - a. The Slider requires a tetherer whether the skier is attached to the device or not.
 - b. Practice Slider use with a colleague to build tethering skills.
2. The Slider can be used as a support or balance tool, and as a device for skill building to graduate to outriggers or independence from the device altogether.
 - a. Base the Slider set-up and use upon the guests' goals.
 - b. A tall and stacked stance, relying on bones vs musculature, sets the learner up for success and advancement.
3. Set-up:
 - a. Appropriate slider ski length is necessary (shorter) when tip devices are used between the slider skis and learners' skis.
 - b. Adjust the Slider height so the slider frame crossbar doesn't impede the guests' ability to flex at the knees.
 - c. Forearm trays are not always needed, and use can direct pressure away from the guests' skis to their arms/upper body and slider frame.
 - d. Only a slight degree of edged and wedged configuration of the slider skis allows for safe movement of the slider.
4. The slider is a terrain limited tool best used in the beginner zone.
 - a. The wide base and inability to lengthen and shorten slider legs during turns to match the incline of terrain pitch limits this device.
 - b. Guests who are top heavy can tip over more easily especially on steeper terrain.
5. Spend time on flatter terrain developing a balanced stance and stacked body position prior to adding speed, steeper terrain, or more complex movements.
 - a. Employ the skill, drill, hill concept along with lateral learning exploration prior to increasing terrain.
 - b. Independent leg movements, wedge progressions, and parallel progressions all work in the slider.
6. Skiing is skiing and the Alpine Fundamental Mechanics apply to slider use, too.
 - a. Control the relationship of the Center of Mass to the base of support to direct pressure along the length of the skis.

- b. Control pressure from ski to ski and direct pressure toward the outside ski.
 - c. Control edge angles through a combination of inclination and angulation.
 - d. Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body.
 - e. Regulate the magnitude of pressure created through ski/snow interaction.
7. Practice safe lift loading/unloading for the guest and instructor(s).
- a. Use slows and stops, as necessary.
 - b. Leash slider to the chairlift as required.
8. No cost Slider info: Pages 87-101 of the Adaptive Alpine Technical Manual
<https://thesnowpros.org/education/digital-manuals-for-every-discipline/>.
9. More no cost Slider info: RM's Adaptive Alpine Teaching Guide: Slider <https://www.psia-rm.org/download/resources/adaptive-documents/adaptive-alpine-3-track-4-track/Adaptive-Alpine-Teaching-Guide-Slider-091424.docx.pdf>.