



## Ski Spectacular Instructor Academy

Hosted by The Hartford Ski Spectacular

December 9-12, 2024

Clinic Summary Notes for Tuesday, December 10, 2024 PM

### Clinic Topic: Movement Analysis: On Snow Application – Barbara Szwebel

#### I. Understand the basic steps of Movement Analysis

1. Observation and Description (what are we looking at)
2. Evaluation (determining cause and effect relationships)
3. Prescription for Change

#### II. Having a comfortable grasp on the **Observation/Description phase** will allow you to look at all different kind of skiers and riders, no matter their disability or the equipment they use to slide. Be clear what your student is working on = Task

Observe and describe **Ski & Body Performance** in regards to the 5 fundamentals:

1. **Keep the Center of Mass over the Base of Support** (Fore and aft, while moving)
2. **Direct Pressure to the Outside Ski** (Side to side – inside vs outside edge – what are we looking at for Mono-skiers and 3-Trackers! )
3. **Control Edge Angles with a combination of Inclination and Angulation** (Awareness, how individuals can create angulation & fine-tune it)
4. **Control the Skis' Rotation with leg rotation** (or as close to the snow as possible) **under a stable upper body**
5. **Regulate the Pressure Created by the Ski/Snow Interaction**

#### III. Continue the MA process by **Evaluating the Movements** you described:

- A. Real vs Ideal - What is the Task, what are the Limitations of the equipment used or the skiers body movements ?
- B. Cause and Effect - Why am I seeing \_\_\_\_\_ , how does that affect \_\_\_\_\_
- C. Prioritize - which movements, if changed, will have the greatest positive impact on what we are trying to achieve?

#### IV. Prescription for Change

- A. Identify and Focus on the root causes
- B. Address Motivation/Understanding needs
- C. Develop an alternative movement pattern.