



Ski Spectacular Instructor Academy

Hosted by The Hartford Ski Spectacular

December 9-12, 2024

Clinic Summary Notes - Tuesday 12/10/2024 AM

Clinic Topic: Adaptive Lesson Observation – Fundamental Mechanics of Alpine Skiing - Mono Skiing **Barbara Szwebel**

I Introduction and meet-up

- a. Meet the instructor and Student Eric and Bill and learn more about the days lessons plans.
- b. Listen/observe goal setting, guest assessment, equipment selection by instructor(s) and guest
- c. Safety and organization of today's lesson and observation

II Observation and Discussions – adaptive alpine ski lesson observation

Participants watched the activities through the lens of the five fundamentals, specifically how those applied to setting the student up in his own personal mono ski. We observed seating adaptations and how those influenced the guests skiing performance once out on snow.

- Control the relationship of the center of mass to the base of support to direct pressure along the length of the skis.
- Control pressure from ski to ski and direct pressure toward the outside ski.
- Control edge angles through a combination of inclination and angulation.
- Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body.
- Regulate the magnitude of pressure created through ski/snow interaction.

Other Resources:

- Check out the *Fundamental Mechanics of Alpine Skiing Across Adaptive Disciplines* at https://thesnowpros.org/download/PSIA_AdaptiveFundamentals_Final_web.pdf