



Ski Spectacular Instructor Academy

Hosted by The Hartford Ski Spectacular

December 9-12, 2024

Clinic Summary Notes Thursday, December 12, 2024 AM & PM

Clinic Topics: Get in and go - Ski Biking - Entry Portal & Skill Development - Barbara Szwebel

Most Alpine and SB Fundamentals apply to ski-bikes as well, regardless which adaptations you make.

- 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 (seat) rotation, separate from the upper body.
- Regulate the magnitude of pressure created through ski/snow interaction.

The instructor may want to use shorter skis to be more maneuverable when assisting guest, since we generally use foot skis in adaptive applications, which make the rider less mobile on flats / lift-lines.

1. Teach and practice how to execute skidded turns for speed control as early as possible for safety and control !
2. Vary turn shape according to how much speed or distance you desire in specific snow condition and pitch of terrain. Importance of terrain selection and Tactics.
3. Become familiar with the rules for ski-bikes at your resort and know your program's policy for attaching the ski bike to lift.

Refer to Adaptive Ski Bike Info Guide at: https://www.psia-rm.org/download/resources/adaptive-documents/adaptive-snowboard/adaptive_snowboard_course_outlines/Adaptive-Ski-Bike-Info-Guide.pdf

Some Types of Ski Bikes currently available:

Stalmach Skibob



Brener Snowbike



K2 Ski Bike officially no longer in production
but you might find a used one



Lenz Ski Bike Several models available including the
Javelin Ride-on Bike available at lenzsport.com



I-Skibike



Sledgehammer Ski Bike



Foot skis- available for both snowboard/winter boots and ski boots

Snowboard bindings:



Ski boot bindings:

