



## **Ski Spectacular Instructor Academy**

**Hosted by The Hartford Ski Spectacular**

**December 9-12, 2024**

### **Clinic Summary Notes**

**Clinic Topic:** Hands on Help for Stand Skiers-Entry Portal, Teresa Day  
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1. Skiing assists are used to help the skier attain a specific goal. Once the goal is attained the assist is removed.
  - a. Assists may be used to get through crowded/dangerous spaces
  - b. Assists may be used to attain a specific skiing goal based on the 5 fundamentals
2. Be able to delineate your line of thinking when asked why a specific assist is used
3. Follow Ski Area safety protocols on assists. You are responsible for the safety of yourself and student.
4. Practice!! Pair up with a friend and practice being both the instructor and the student. Experience what it feels like to receive the assist to gain an understanding of how the assist affects the outcome.
  - a. Tethers
  - b. Two-point holds and other hand to hand assists
  - c. Ski Poles assist
  - d. Bamboo assists (horse and buggy, side by side)
  - e. Ski tip connectors
  - f. Snow Wing/Ski Pal
  - g. Skiing Backwards (if allowed by your school or mountain)

#### Resources:

PSIA-AASI's *Alpine Technical Manual* and *Adaptive Alpine Technical Manual (AATM)* for adaptive specific movement, <https://thesnowpros.org/education/digital-manuals-for-every-discipline>

PSIA\_AASI's *Adaptive Instruction Supplement (AIS)* for diagnoses and medication, <https://thesnowpros.org/education/digital-manuals-for-every-discipline>

<http://kidproject.org/2013/02/04/ski-schooling-dos-and-dont-of-ski-harnesses/> Body Harness

<https://www.youtube.com/watch?v=mxMDzpTSs9I> Snow Wing