



Ski Spectacular Instructor Academy

Hosted by The Hartford Ski Spectacular
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Clinic Summary Notes

Clinic Topic: High Performance Alpine Skiing – Scott Giffin scottgif1@gmail.com

1. Sound skiing starts with vision. Look two turn phases ahead—apex to apex, transition to transition. Avoid the tendency to focus on what's directly ahead, keep your vision moving and intentional. Focused/central vision lets us look ahead and know what to expect; peripheral vision allows us to monitor what's close and enhances our balance. Intentional vision/sighting allows proactive movements, not reactive. When we are proactive, we can then focus on technique. Just like exercising a muscle, deliberate practice will strengthen our vision/sighting. Practicing on groomed terrain will translate to success in the bumps, crud, and trees, where looking ahead and proactive movements are critical.
2. Skiing is about managing external forces. We align/balance on the outside ski to receive pressure. Sufficient external force allows us to turn; when we finish turning, we release the pressure.
3. Separation in transition promotes release. While turning, the legs follow the path of the skis, the pelvis and upper body follow the center of mass, the head is turned further inside the turn to look at the path ahead.
4. Avoid thinking in terms of "the finish of the turn." Instead, ski from apex to apex, using the energy from one to power you to the next. The transition is a flow into the next turn.
5. We are athletes. Athletes move. Don't "park-and-ride" through the second half of the turn. Instead, keep moving and blending the fundamentals.
6. Develop external cues that work for you (e.g., "rebound from the apex," "skis to trees", etc.).
7. Check out "Review Cues for HOW You Coach vs. WHAT You Coach" in 32 Degrees (Fall 2022, p. 81–85):
<https://www.mydigitalpublication.com/publication/?i=764431&p=82&view=issueViewer>
8. Check out the website Big Picture Skiing at <https://bigpictureskiing.com/> or find BPS videos on YouTube.