



Ski Spectacular Instructor Academy

Hosted by The Hartford Ski Spectacular
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Clinic Summary Notes

Clinic Topic: Movement Analysis Enhancement Session for Trainers – Scott Giffin
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1. Keep it simple. Use non-technical language.
2. Keep it objective. It's not about finding something "wrong." Just describe what you see.
3. Describe ski performance.
4. Describe body performance.
5. What is the skier trying to do? What is their intent and understanding?
6. Real vs. Ideal
7. Use DIRT (Duration, Intensity, Rate, Timing) and direction of movement.
8. Prescription for change should include focus on skier's goals and motivations.
9. Resources:
 - See PSIA-AASI's *Adaptive Alpine Technical Manual*, Chapter 6.
<https://thesnowpros.org/education/digital-manuals-for-every-discipline>
 - Lots of good information/videos at Big Picture Skiing website:
<https://bigpictureskiing.com/> and BPS channel on YouTube.