



## **Ski Spectacular Instructor Academy**

**Hosted by The Hartford Ski Spectacular  
December 9-13, 2024**

### **Clinic Summary Notes**

#### **Clinic Topic: Two-day Workshop – Monoski: Assess, Equip, and Teach – Colleen Farrell**

1. Assessments (registrations, visual, cognitive, physical, verbal interview) Read through *PSIA, Adaptive Alpine Technical Manual, 2017, American Snowsports Education Association, Inc. Chapter 2 (Student Assessment) and Chapter 8 (Introduction to sit-skiing)*
2. Monoski selection (seat back height, bucket size and rigidity, suspension system, lift loading mechanism, center of mass in relationship to the ground, skill level of student, body position for goals or body makeup, goal of student) Read through *PSIA, Adaptive Alpine Technical Manual, 2017, American Snowsports Education Association, Inc. Chapter 8 (Introduction to sit-skiing) and Chapter 10 (Teaching progressions for Mono-skiing)*
3. Monoski fit up (bucket; padding, pressure, angle, clam shell, height, size, try to mimic wheelchair, core stabilizers, scoliosis, and experience. Outrigger set up. Grip assists. Checking balance fore/aft, and lateral. Dowel testing. Recheck all the time. Read through *PSIA, Adaptive Alpine Technical Manual, 2017, American Snowsports Education Association, Inc. Chapter 8 (Introduction to sit-skiing) and Chapter 10 (Teaching progressions for Mono-skiing)*
4. Flat land drills and exercises including pushing, gliding, moving, rotating, braking, balance for fore/aft and lateral, how to fall and how to get up from a fall. Read through *PSIA, Adaptive Alpine Technical Manual, 2017, American Snowsports Education Association, Inc. Chapter 10 (Teaching progressions for Mono-skiing)*
5. Safe chairlift loading and unloading. Read through *PSIA, Adaptive Alpine Technical Manual, 2017, American Snowsports Education Association, Inc. Chapter 8 (Introduction to sit-skiing)*

6. Hands on assisting when, where, how, and why. Read through *PSIA, Adaptive Alpine Technical Manual, 2017, American Snowsports Education Association, Inc. Chapter 3 (Assistive devices and assists)*
7. Teaching a first turn for turn shape and speed control. Then connecting turns on easy green terrain. Read through *PSIA, Adaptive Alpine Technical Manual, 2017, American Snowsports Education Association, Inc. Chapter 10 (Teaching progressions for Mono-skiing)*
8. Discuss and practice teaching Monoskiing from a never ever to a psia level 5.
9. Discuss and practice teaching the phases of the outrigger. Read through *PSIA, Adaptive Alpine Technical Manual, 2017, American Snowsports Education Association, Inc. Appendix A (Physics and phases of outrigger use)*
10. Read through PSIA-AASI Rocky Mountain Division Guide for Teaching Students Mono-Skiing.  
[Microsoft Word - Guide Mono-Ski 2020 FINAL.docx \(psia-rm.org\)](#)