



Ski Spectacular Instructor Academy

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

Clinic Summary Notes

Clinic Topic: Movement Analysis made easy – Colleen Farrell

1. Review of PSIA's Level 1 – 5 describers.
2. Review of common ineffective movements in levels 1-5 for stand up and sit-down skiers
3. Practice MA on the hill with real adaptive lessons in action.
4. Practiced describing ski performance vs body performance in all phases of a turn.
5. Practiced formulating lessons plans from our observations on the hill.
6. *PSIA, Alpine Technical Manual, 2014, American Snowsports Education Association, Inc. Chapter 6 (Movement Analysis). Chapter 7 (Teaching – Developing Technical Content)*
7. Read and review Rocky Mountain Divisions Adaptive Alpine IDP.

[Microsoft Word - Adaptive_IDP 2020 FINAL.docx \(psia-rm.org\)](https://psia-rm.org)