



Ski Spectacular Instructor Academy

Hosted by The Hartford Ski Spectacular
December 8-11, 2025

Clinic Summary Notes

Clinic Topic: Adaptive Lesson Observation - Movement Analysis Application - Trevor Hildebrand
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1. Movement analysis (MA) is performed the same on all terrain, and with different student types.
2. Observation, evaluation, prescription (OEP) gets you from start to finish, with an outcome.
3. Equipment is sometimes set-up incorrectly and will impact the students' skiing/riding.
4. Skiing is Skiing, Riding is Riding - don't get caught up in the equipment once you are sure it is correctly selected and fit to the student.
5. If you can't figure out what the student is doing, make turns in their tracks emulating their movements and you'll discover the inefficiency.
6. Select the change that will make the largest impact in the time you have with your student, and place the focus on that movement, tactic, or strategy.