



## **Ski Spectacular Instructor Academy**

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

### **Clinic Summary Notes**

**Clinic Title:** Adaptive Lesson Observation: Recognizing Application of the Fundamental Mechanics of Snowboarding – Charley Phelan

1. Watch the 6 Fundamental Mechanics of Snowboarding through a movement analysis lens at:

<https://video.search.yahoo.com/search/video?fr=mcafee&p=6+fundamental+mechanics+of+snowboarding+free&type=E210US105G0#id=0&vid=1622de9554ff8c6ab260726b6cc2783f&action=click>

### **Snowboard Fundamentals**

- **Control the relationship of the center of mass to the base of support to direct pressure along the length of the board**
- **Control the relationship of the center of mass to the base of support to direct pressure along the width of the board**
- **Control the magnitude of pressure created through the board/surface interaction**
- **Control the board's pivot through flexion/extension and rotation of the body**
- **Control the board's tilt through a combination of inclination and angulation**
- **Control torsional flex of the board using flexion/extension and rotation of the body**

VIDEOS



2. Teaching occurs when learning happens.
3. How we teach is greatly determined by the guest's goals, motivations and understanding.
4. Everybody is different. Reflect from the student's perspective.
5. Be creative in your approach to teaching.



## **Ski Spectacular Instructor Academy**

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

### **Clinic Summary Notes**

6. Keep things playful.
7. Allow for individuality.

Resources: PSIA-AASI Snowboard Manual, PSIA-AASI Children's Snowsports Manual, Limitless Jim Kwik, The Talent Code Daniel Coyle, PSIA-AASI Teaching Snowsports Manual, The Learning Brain Professor Thad Polke, The Little Book of Talent Daniel Coyle