



Ski Spectacular Instructor Academy
Hosted by The Hartford Ski Spectacular
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Clinic Summary Notes

Clinic Topic: Alignment and Equipment Choice for Performance - Ryan Latham
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1. Finding alignment starts with an understanding of how your body works. Do you have structural differences like leg length differences? What are your muscular strengths and weaknesses?
2. 'Fixing' one movement can have a cascade effect on other movements and may make intended outcome harder to achieve. Work on one plane of movement at a time and make incremental adjustments
3. Seek Professional Help!!! (A boot fitter)
4. Select a ski that helps you to achieve the performance and a turn that works for you. A fat ski might not help create performance short turns and a slalom ski doesn't float in deep snow well.

<https://www.biggieskiing.com>

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