



Ski Spectacular Instructor Academy

**Hosted by The Hartford Ski Spectacular
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Clinic Summary Notes

Clinic Title: Assisting in Emotional Regulation of Guests with Disabilities in Adaptive Sports - Kyle McIntosh M.S., CTRS kyle.mcintosh@va.gov

1. Conceptualize the importance of emotional well-being of participants during an adaptive sports experience. Discuss how and to what extent instructors can implement tools, tactics, and discussions to aid in the process of a successful adaptive experience within the context of emotional regulation.
2. Managing controllable factors is key. Know how to take steps to create a safe and effective environment for participants
 - Understand the theory of Flow and how it relates to adaptive sports experiences
 - Determine the pertinent information necessary to establish a rapport with participants
 - Clearly communicate the goals and objectives in a brief/debrief discussion with participants
3. Utilize communication and tools to aid in emotional regulation of participants
 - Learn common emotional traits across a variety of diagnosed disabilities
 - Use tools, prompts, and talking points to establish a healthy connection to the activity for participants
 - Practice role reversal using provided prompts