



## **Ski Spectacular Instructor Academy**

**Hosted by The Hartford Ski Spectacular**

**December 8-11, 2025**

### **Clinic Summary Notes**

**Clinic Title:** Breaking Out of the Beginner Zone - Stand-up Skiers - Barbara Szwedel [BSzwedel@gmail.com](mailto:BSzwedel@gmail.com)

1. Consider that in order to become a more rounded all mountain skier, they need to enhance their Parallel Skiing by "Directing pressure to the outside ski" and "Leg rotation under a stable upper body." Especially on more varying terrain, the balancing and turning movements need to become more dynamic.
2. You can find more detailed steps in the "PSIA Adult Alpine Teaching Handbook" specifically in the Intermediate Zone, starting at page 114.
3. Safety on the Slopes is Key:  
More aggressive use of edges/ski design might lead to increased speed and the occasional edge-lock. Be aware and allow enough space to safely perform any edging maneuvers.