



Ski Spectacular Instructor Academy

Hosted by The Hartford Ski Spectacular

December/9/2025 13:30:00 PM - 16:00PM

Clinic Summary Notes

Clinic Title: Exploring the Advanced Zone for Adaptive Stand Skiers With or Without Adaptive Equipment

1. Have a solid understanding of the 5 Fundamental Mechanics of Alpine Skiing as they relate to Alpine Skiing with and without equipment or adaptations.
2. Remember that skiers should work to accomplish all of the Fundamentals in order to manipulate and turn a ski. They are not separate from each other.
3. Focusing on the snow to ski interaction is a great place to start in order to see if the desired outcome is in relationship to the desired fundamental is being met.
4. Focusing on your own skiing and performance will help you relate to what it takes to move a ski efficiently. Experiment with trying to accomplish tasks while blending the fundamentals in different ways and in different parts of the turn. Do this with or without Adaptive equipment.
5. When focusing on skills and fundamentals remember that it is a blending of them that gets you to a desired outcome and will vary on a variety of conditions in coordination with Duration, Intensity, Rate, and Timing (DIRT).
6. Use tasks and drills to highlight fundamentals when training to enhance a particular fundamental.
7. Read the PSIA Alpine Technical manual as it relates to the Fundamentals. This manual is available to read online or order a hard copy at [PSIA-AASI Digital Manuals](#).
8. Watch and study Fundamental videos from the PSIA-AASI Matrix to gain deeper understanding of concepts and movements. <https://matrix.thesnowpros.org/>. The Matrix is a PSIA/AASI member only benefit.
 - a. Watch Matrix video 3T Bumps
 - b. Watch Matrix video Alpine Pivot Slips



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- c. Watch Matrix video 4T short radius turns
- 9. Outrigger length is determined by many factors such as diagnoses, physical ability, acquired skill level, and terrain, and is not a set parameter.
- 10. Outriggers are a compliment to the Alpine Fundamentals of skiing and can help to enhance the performance level of any of the fundamentals.
- 11. Flat ski rotary movements are the key to success in the bumps.
- 12. For 3t-4t skiers focus on what body parts can influence rotary before relying solely on the outrigger to create steering.
- 13. Maintaining fore/aft pressure is crucial to the efficiency of rotary input.
- 14. Flexion and extension of the arms should not be forgotten and allows the skier to mirror the long leg/short leg of an able-bodied skier.
- 15. The position of the downhill outrigger is in direct correlation to the size of the turn.
- 16. Always remember that it is the skier behind the outriggers that create the picture of great skiing. The outriggers play a role but are not the entire answer.