



Ski Spectacular Instructor Academy

Hosted by The Hartford Ski Spectacular

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Clinic Summary Notes

Clinic Title: Get In and Go: 3 and 4-track Skiing, Mare Whitney mwhitney@stride.org

1. Takeaway:

This clinic helps instructors experience adaptive skiing first-hand, understand body mechanics and equipment use, and learn to progressively teach skiing fundamentals safely for 3- and 4-track athletes

2. Assessment and fitting

- Your assessment of the student will help you understand what functionality will be present for turning (e.g., weak leg, limited ankle, or limited rotation).
- Focus on COM (Center of Mass) over BOS (Base of Support) along ski length when looking at stance.
- Practice movements that transfer weight effectively to simulate challenges adaptive skiers face.

3. Skiing Fundamentals

- Apply PSIA fundamentals adapted for adaptive skiing:
 - Balance / COM over BOS
 - Edge control and pressure distribution
 - Rotary movements through legs, independent of upper body
 - Timing and coordination of turns
- Observe how outriggers influence balance, edging, and pressure application.

4. Progressions & Teaching Cycle

- Teaching Cycle: Demonstrate → Practice → Feedback.
- Start with 4-track progression (basic gliding, wedge, wedge turns).
- Transition to 3-track progression (drop a ski, focus on weight shift, steering, edge control).
- Use this information to apply to your future students

5. Safety Considerations

- Always check equipment fit.
- Be aware of fall risks when assessing your students
- Use gradual terrain: start on gentle slopes, increase difficulty as comfort grows.
- Emphasize communication and support when teaching adaptive athletes.