



Ski Spectacular Instructor Academy

Hosted by The Hartford Ski Spectacular

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Clinic Summary Notes

Clinic Title: Get in and Go: Build your personal Mono Skiing Skills Level (1-2) for Teaching or Certification Prep. Barbara Szwebel Bszwebel@gmail.com

1. Consider all the different Mono skis available today, with a focus on the skiers' individual needs and availability in your program. For example, the Enabling Technologies "Monique"

<https://enablingtech.com/collections/monique-mono-ski/products/monique-mono-ski> was developed with beginner skiers in programs in mind and has several advantages regarding ease of use:

- A. Low Center of Mass for the skier = easier to keep their balance
- B. Compact vs. straighter leg seating position - it is adjustable
- C. Seat size and height – multiple options
- D. Chairlift loading system and evacuation system
- E. Ski used on the Monoski is easily changeable

This does not mean that there aren't many more models available. This can simply serve as a good baseline to compare the different monoskis you may have access to.

2. Understand and apply a beginner monoskiing learning progression that meets your own physical and mental needs. Take your time to become comfortable on the appropriate terrain!
3. Have someone video you, so you can do movement analysis on your own skiing.
4. Look at your video with the "Skill Expansion activity specific to your needs" we discussed in our clinic and find the time and appropriate terrain to practice, practice, practice . . .
5. Adaptive L1, L2 & L3 certification candidates must submit a video of themselves monoskiing prior to attending the assessment and show the following:
L1 a. Candidates will complete a straight run to a controlled stop.

- b. Candidates will complete a run with a minimum of three turns to a controlled stop on the most basic terrain available.
- L2 a. Candidates must demonstrate independent skiing in the equipment of the selected sit-ski discipline.
b. Candidates will complete a minimum of six refined linked turns using varied turn shapes, to control speed on more advanced green terrain with a controlled stop.
- L3 a. Candidates must demonstrate independent skiing in the equipment of the selected sit-ski discipline.
b. Candidates will complete a minimum of six refined linked turns using varied turn shapes, to control speed on easier blue terrain with a controlled stop.