



Ski Spectacular Instructor Academy

**Hosted by The Hartford Ski Spectacular
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Clinic Summary Notes

Clinic Topic: Good, Better, Best - Real vs Ideal Movement Analysis – Tera Adams,
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Outcome: Attendees will learn how different bodies effect the outcome of board performance, how to recognize the cause and effect and how to develop “better” movement patterns for more effective and efficient outcomes.

1. Information and concepts
 - A. Body movement patterns
 - B. Cause and effect relationships
 - C. Plans of movement as tools
 - D. Does equipment have a part?
2. Tools for movement analysis
 - A. Understanding of kinesthetics
 - B. Planes of movement
3. Similar movement patterns to achieve similar board performance for different outcomes.