



Ski Spectacular Instructor Academy

**Hosted by The Hartford Ski Spectacular
December 8-12, 2025**

Clinic Summary Notes

Clinic Topic: Hands-on Help for Stand Skiers

1. Growth versus fixed mindset: "I'm working toward ownership of this skill and by following my plan I will get it." This can be applied to Movement Analysis process, your own skiing, your teaching, and pretty much to anything in life.
2. Remember that if the guest/participant is skiing/sliding in control, they are already doing something right! Build on the positive to help them to become more efficient skiers.
3. Incorporate Fundamentals of Skiing into your hands-on assist process/technique- know which one you are affecting with your holds/assists.
 - Control the relationship of the center of mass to the base of support to direct pressure along the length of the skis
 - Control edge angles through a combination of inclination and angulation
 - Control the skis rotation with leg rotation, separate from the upper body
 - Control pressure from ski to ski and direct pressure toward the outside ski
 - Regulate the magnitude of pressure created through ski/snow contact
4. The Skills Concept- A technical model of American Ski Instruction. A skier is constantly changing, adapting and managing three things, which are integral in all turns and essential for maintaining balance. The Skills Concept inventories and categorizes everything we can do that affects going left and right on a pair of skis.
 - Rotational Control- the direction of the skis
 - Edge Control- the angle of the skis
 - Pressure Control- The pressure created through turning and terrain
5. Challenge yourself to be concise with your verbiage to give clear and effective instructions/input/feedback.
6. Be cognizant of your student's learning style(s) so you can effectively communicate with them.
7. Follow your student, imitating their movements to gain movement pattern insight, especially if the person have some physical limitations.