



Ski Spectacular Instructor Academy

Hosted by The Hartford Ski Spectacular
December 8, 2025

Clinic Summary Notes

Clinic Title: High Performance Alpine Skiing

1. Remember, to make changes in performance lies in your Movement Analysis skills. Observe, evaluate, prescribe.
2. Movement analysis is the process of observing a movement, evaluating the relevance and effect of that movement on other movements and the action of the skis, and prescribing changes for enhanced efficiency, effectiveness, and performance (PSIA Alpine Technical Manual)
<https://thesnowpros.org/professional-development/digital-manuals/>.
3. The movements are evaluated with respect to the five Fundamental Mechanics of Alpine Skiing.
4. Movement analysis approach. Whole to Part or Top Down or Bottom up. It doesn't matter which you choose.
5. Looking at the skis:
 - a. Where is the snow being sprayed in the turn shape?
 - b. Are turns carved or skidded?
 - c. Where and when are the edges engaged in the turn? More or less at certain points?
6. Ways to look at ski behavior. These are not good or bad:
 - a. Does it leave a round arc in the snow?
 - b. Does the ski pivot under foot, at the tip or tail?
 - c. Skis, if two, stay same distance apart.
 - d. Do edges grip snow or slide across it?
 - e. Skis or outriggers move simultaneously or sequentially?
7. Refer to the PSIA Alpine Level 2 and 3 technical performance guide as a resource for performance and expectation in a variety of terrain and tactical environments.
<https://thesnowpros.org/get-certified/adaptive/>.