



## **Ski Spectacular Instructor Academy**

**Hosted by The Hartford Ski Spectacular**

**December 8-11, 2025**

### **Clinic Summary Notes**

**Clinic Title:** Movement Analysis Made Easy, Charley Phelan

1. Study and apply the 5 fundamental mechanics of skiing.
2. Use separate language when describing ski and body movements.
3. Work to remain nonjudgemental when observing and describing body and ski performance in movement analysis.
4. Utilize the SBI (situation, behavior, impact) model of feedback.
5. Ski wrong (to know what is right you have to know what is wrong)

Resources: PSIA-AASI cues to inefficient movements, PSIA-AASI Alpine Technical Manual, PSIA-AASI Movement Matrix