



Ski Spectacular Instructor Academy

**Hosted by The Hartford Ski Spectacular
December 8-11, 2025**

Clinic Summary Notes

Clinic Title: Season Opener Charley Phelan director@teamaas.org

1. Ski within your comfort zone. Early season we tend to turn our brain on and think about movements. When we think too hard we may take away from our ability to perform at higher levels.
2. Utilize external cues for performance. This will aid in your ability to take the mental side away.
3. Your brain is very influential and learns without determining negative or positive. Don't think about a pregnant frog!
4. The ideal is to allow your body to do what it knows how to do without thinking about it.

Resources: PSIA-AASI Visual Cues Pocket Guide; The Language of Coaching, Nick Winkleman; The Learning Brain, Professor had Polke