



Ski Spectacular Instructor Academy

Hosted by The Hartford Ski Spectacular

December 8-11, 2025

Clinic Summary Notes

Clinic Title: Snowsports for ReFab after Life-altering Events - Barbara Szwebel

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1. Consider the different diagnoses that can lead to a more sedentary lifestyle
 - A. Physical Injuries
 - B. Brain Injuries, including Stroke and TBI
 - C. Different Cancer or Rare Disease Diagnosis
 - D. Neurological issues, long term COVID, Auto Immune Diseases
 - E. Progressive Diagnosis, such as Parkinson, Dementia, Visual Impairments
 - F. Stress, Mental Health Challenges, PTSD or PTS events
2. Re-visit Alpine/Snowboard Fundamentals and explore options for slightly altered movements.
 - a. Address personal ski / ride equipment option
 - b. Investigate different pacing options (shorter lift lines, gondola use, Skibike, portable chair)
 - c. Introduce and use outriggers, tip retention devices, Againers or MoJos



Lenz Sports Javelin Ski-bike



Againer Exoskeleton

3. As always, safety on the slopes and lifts is key. Familiarize yourself with any equipment you are planning to use. Know the terrain and lifts and communicate with the student, assistant, and lift operators. Closely observe your students for any signs of CAP fatigue!