



Ski Spectacular Instructor Academy

Hosted by The Hartford Ski Spectacular

December 8-11, 2025

Clinic Summary Notes

Clinic Title: Two-track Skiing for Stand-up Guests with Physical Diagnoses – Scott Giffin scottgif1@gmail.com

1. Is the skier dealing with a biomechanical challenge or a lack of understanding (task, fundamental movements, equipment use)?
2. If there is a biomechanical challenge, further assessment may be required. Signs might include guest discomfort, tracks in the snow, guest inability to perform one or more fundamental movements, or MA. Consider posture and alignment.
 - a. Physical assessment to include:
 - Balance and coordination—lateral, fore/aft, gait
 - Muscle strength and endurance—upper and lower body
 - Flexibility and range of movement
 - Symmetry—spine, hips, shoulders, arm and leg length/shape, foot to foot, and overall stance
 - Sensation—upper/lower, hands, feet (soles)
 - Orthopedics
 - b. Sensory issues—five senses, feel, proprioception, vestibular
3. Determine needs.
 - a. Is the guest comfortable? Does the guest feel safe? Apply findings from physical and sensory assessments.
 - b. Consider how skill development activities support the five fundamentals.
 1. Control the relationship of the center of mass to the base of support to direct pressure along the length of the skis.
 2. Control pressure from ski to ski and direct pressure toward the outside ski.
 3. Control edge angles through a combination of inclination and angulation.
 4. Control the skis' rotation with leg rotation, separate from the upper body.



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5. Regulate the magnitude of pressure created through ski/snow interaction.
6. See PSIA-AASI's *Adaptive Alpine Technical Manual* and *Adaptive Instruction Supplement: Diagnoses and Classifications*. A free digital copy of these manuals can be found at <https://thesnowpros.org/education/digital-manuals-for-every-discipline/>