

Ski Fundamentals Clinic

(formerly ATS)

Guidelines for Clinicians

Teaching Adaptive Ski Program

Volunteer Instructors

The purpose of the clinic you are being asked to lead is to ensure that new and returning volunteer Adaptive Ski Program instructors are able to provide a safe and adequate beginner progression to a student stand up skier from never-ever to beginning parallel.

GOALS

- Volunteer instructors clinics are consistent, covering similar material
- Volunteer instructors are versatile and able to cross-train (so that instructors teaching primarily sit-down skiers are able to teach a stand up lesson and so that instructors teaching primarily stand-up skiers are strong enough skiers themselves to be able to boot or train for a sit-down ski lesson.)
- Volunteer instructors *understand* basic ski skills and are able to demonstrate them
- Mountain Coordinators and Program staff have access to accurate assessments of volunteer instructors' ski abilities

TEACHING

You should teach the volunteer instructor how to teach a progression that includes:

- Walking in boots (side-step, herringbone, etc.)
- 1 ski drills
- 2 ski drills
- Gliding, straight run to a natural stop (in and out of balance)
- Gliding wedge (wedge change-ups)
- Wedge Christies
- Open Parallel

Even if not adept at movement analysis, the volunteer instructor should know how to look at a skier from the feet up and be able to identify typical beginner issues

and identify one or two drills or games to help mitigate them. Typical beginner issues might be:

- Feet too close together affecting balance
- Back seat
- Knees together, feet apart
- Flat ski/no edging
- Hands behind or looking down

The drills for these issues do not need to be uniform, so that volunteer instructors are exposed to a variety of different options.

You should model and explain very basic lesson structure, teaching styles and learning preferences.

SKI SKILLS

While the main purpose of the clinic is to teach the volunteers how to teach a basic lesson, everyone can benefit from improving their own skills and understanding.

Volunteer instructors should be introduced to the basic ski skills concepts through 3 Steps to Success or the Stepping Stones Concepts or some similar technical base so that they understand:

- Balance and stance (flexion/extension what it means)
- Edging
- Pressure Control
- Rotary movements

They should be able to execute drills like hockey stops, sideslips, falling leaf, 1000 steps, leapers, etc.

We are not looking for major improvement in their skiing, but through these drills and some free-ski opportunities, we would like you to accurately assess each volunteer instructor's skiing ability so that they will be properly placed in the program. Making a clear assessment of their ability will be critical to their success as a volunteer instructor as well as to their student's achievement.