



PSIA-Rocky Mountain-AASI Women's All Mountain Performance (WAMP)

Course Description

This clinic is all about challenging yourself and pushing your boundaries in an all female, supportive environment.

Female Ed Staff members from PSIA-AASI Rocky Mountain will engage participants in two days of personal ski improvement and create opportunities to explore a variety of topics including equipment choice/setup, terrain selection, technique, and tactics.

Must be confident on groomed black, ungroomed terrain and blue-black bumps, levels 7-9. Participants will apply new concepts on snow and receive individual feedback related to their goals. Join us and gain the knowledge, tools, and support you need to take your skiing to the next level.

Learning Outcomes:

By the end of the clinic, participants will be able to:

- Use fundamentals to develop self-awareness for development and formulate a personal improvement plan for continued development (Technical Skills)
- Adjust and adapt their skill blending, speed and tactical applications for all mountain performance (Technical Skills)
- Develop trust and rapport within group through exploration of motivation, understanding and performance needs to unite in common goals, leverage strengths, identify challenges and elevate skiing and confidence (People Skills)
- Collaborate to plan, implement and customize the learning experience to deepen ownership and engagement in the learning process (Teaching Skills)

Prerequisites:

- PSIA member

Recommended Prerequisite Skills:

- Level 7 skier or above
- Currently comfortable on groomed black, ungroomed terrain and blue-black bumps

Suggested Learning Experiences:

- Explore fundamentals in isolation, combination and in a variety of situations and snow conditions relative to stated goals.
- Discover new ideas, skills, confidence, and fresh perspectives.
- Explore and enhance diagnostic skills in a variety of situation in order to gain a deeper understanding of technique and tactics.
- Explore and share potential innate biases, individual morphology and equipment choices/setup in a supportive community of other women who share the similar challenges.