Advanced Skiing Applications

Duration: 2 days (12 CEUs)

Setting: On-snow

Course Description:
Improve your technical skiing in a challenging, performance-focused, and feedback-intensive environment. Participants will develop their understanding of, and ability to apply concepts that define modern, high-performance skiing. Participants will ski ALL available terrain (including Double-Black Diamond terrain, inbound Extreme Terrain, and variable conditions). This session is designed for current Level 3 instructors who are interested in developing their skills towards the Rocky Mountain Trainer (RMT) entrance exam and current Level 3 instructors simply looking to up their performance in this environment.

Recommended Prerequisite Courses:
- Boot Balancing & Alignment Clinics
- 301 Movement Analysis

Prerequisite skills:
- Current Level 3 Certification
- Participants must have the fitness, technical skills and adaptability necessary to ski any/all open terrain, and any/all conditions (including extreme terrain and conditions) comfortably and competently.

Note: Clinic Leader may ask any participant(s) who do not have ownership of highly advanced skills, confidence and versatility necessary to ski any/all open terrain to ski with a more appropriate group, or contact the RM Office for refund/reschedule.

Learning Outcomes:
By the end of the clinic, successful participants will be able to:
- Demonstrate skiing with more accuracy and adaptability.
- Meet relevant, appropriate objective parameters as described in the IDP, Alpine Certification Standards or other PSIA references in a variety of skill blends and terrain.
- Describe what has changed in their body-ski performance and how those changes move them closer to their desired outcome/ideal.

Potential Learning Experiences:
- Use the RM-IDP in task-chain applications for deeper understanding of fundamentals development, interrelationships, and application to tactical demands in a variety of activities and settings.
- Explore how varying the DIRT of fundamentals expands opportunities for both accuracy and adaptability.