



# ***PSIA-Rocky Mountain-AASI***



## **All Mountain Performance**

**Discipline:** Alpine

**Time:** 2 days **Credit Hours:** 12

**Setting:** On snow using all available skiing terrain; greens to double blacks

**Course Description:** This clinic is for the all mountain skier who is looking to ski the entire mountain's terrain! Participants will develop skills and tactics on green, blue, black, double black, groomed, and off-piste terrain. Participants will develop stronger understanding of tactical and technical choices. Participants will develop their ability to receive and give feedback and will make changes in their skiing and understanding to better connect with guests and fellow instructors.

**Recommended Prerequisite Courses:** Level I Certified

### **Prerequisite skills:**

- Participants can ski the entire mountain in most conditions.
- Participants can ski fall line in black terrain in variable conditions.
- Participants can share understanding and knowledge with group allowing for reciprocal learning.

### **Course Outcomes: (Specific statements/objectives)**

- Participants will gain confidence through experience, positive feedback and fun! **(Affective)**
- Participants will develop better understandings of skill blending through exploration of how tactical choices effect skill blending. **(Cognitive)**
- Participants will strengthen fundamental movements that enhance all terrain and skiing in all conditions. **(Psychomotor)**



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## **Sample Activities:**

Play with exercises and drills to develop skills that apply in different terrain and conditions.

Monitor group energy levels to pace terrain difficulty and maximize performance.

Discuss the mental, physical, perceptual aspects of peak performance in terrain.

Ski through a wide variety of exercises (hop turns, retraction turns, stem turns, etc) that can be used in various situations.

Have fun in NASTAR if available!

Take a cruiser when needed to relax between more difficult terrain situations.

Play with a variety of group handling formats, depending on terrain and conditions (such as line rotation, pairs, instructor first or last, etc.)

Develop accuracy in movement analysis through peer analysis

## **Materials Needed:**

Helmet recommended

Roster