



# PSIA-Rocky Mountain-AASI



## BOOT BALANCING AND ALIGNMENT

**Discipline:** Alpine

**Time:** 2 Days **Credit Hours:** 12

**Course Description:** This two-day equipment-oriented clinic will focus on balancing and alignment issues for all skiers. Participants will explore biomechanics, equipment considerations (footbeds, canting, boot/binding features, etc.), and individual skier characteristics and alignment aspects. Participants will learn to identify how alignment affects ski and body performances.

A professional boot fitter and PSIA-RM Educational Staff will facilitate this clinic.

**Recommended Prerequisite:** Technical Foundations, Teaching Contemporary Skiing

**Prerequisite skills:** Level I certified. Ski Greens, Blues, and Blacks on groomed and un-groomed terrain.

### Course Objectives:

- Participants will gain greater understanding of biomechanics related to alignment. **(Cognitive)**
- Participants will develop an ability to identify basic, common alignment issues in recreational skiing. **(Cognitive)**
- Participants will identify and understand how to affect potential issues with their own alignment. **(Psychomotor)**

### Sample Activities:

- Indoor presentation on Biomechanics in skiing.
- On hill analysis of biomechanical issues for participants.
- Indoor biomechanical analysis and recommended adaptations.
- On hill tuning in to alignment changes.
- Before and after video analysis on alignment.
- Available foot bed and boot grinding services at charge.

### Materials Needed:

- Shorts for the alignments/foot structure indoor analysis.
- Roster