

Boot Balancing and Alignment Clinic

Duration: 2 Days (12 CEUs)

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 for themselves and their guests. 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 up to advanced zone terrain.

Learning Outcomes:

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

- Describe biomechanics related to alignment.
- Identify basic and common alignment issues in recreational skiers
- Identify and understand how to affect potential issues with their own alignment as well as skis and body performance in their skiing

Potential Learning Experiences:

- An 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 and potential variations in how fundamentals (i.e. body and skis performance) will change.
- “Before and after” video analysis on alignment.
- Experimentation with foot bed and boot grinding adjustments if applicable (these services will have an additional charge).