

PSIA



AASI

ROCKY MOUNTAIN DIVISION

Professional Ski Instructors of America
American Association of Snowboard Instructors

Boot Balancing and Alignment Clinic

Duration: 2 Days (12 CEU's)

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.

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 skiing.
- Identify and understand how to affect potential issues with their own alignment.

Potential Learning Experiences:

- Facilitate 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.
- Compare before and after video analysis on alignment.
- Experiment with foot bed and boot grinding adjustments if applicable (these services will have an additional charge).