



ROCKY MOUNTAIN DIVISION
Professional Ski Instructors of America
American Association of Snowboard Instructors

Cruising the Groomers Clinic

Duration: 2 days (12 CEU's)

Setting: This is a 2-day, low-intensity skiing clinic conducted on groomed terrain. (In the event of fresh snow, the clinic leader will find the “most groomed” terrain available). Terrain includes: - groomed green and blue terrain. Groomed black diamond terrain depending on the group, conditions, and resort.

Learning Outcomes:

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

- Demonstrate skill blends that lead to managing consistent speed through seamlessly linking turns.
- Choose speeds, turn sizes, and turn shapes that lead to managing speed by linking turns with minimal braking through the finish phase of the turn.
- Identify actions and behaviors that developed trust and meaningful interactions to achieve skiing goals.
- Identify actions and behaviors that helped you recognize and reflect upon experiences that were central achieving success.

Recommended Prerequisite Course: Alpine Level 1

Recommended Prerequisite Skills:

- Mostly parallel skiing on groomed green and blue terrain.

Suggested Learning Experiences:

- Compare and contrast how our ability to link turns changes while:
 - Skiing from Initiation to Shaping to Finish Phase
 - Skiing from Shaping to Finish to Initiation to Shaping Phase (Fall Line to Fall Line, or Apex to Apex)
- Develop accurate steering.
 - What is steering? How is it different than pivoting? How do you steer a ski without pushing the ski away from you to an edge?
- How does ski performance change with changes in speed, accuracy and environment?
 - Accelerate and decelerate without changing the turn size.
 - Maintain a consistent running speed.
 - How does braking affect following turn phases?
 - How does turn shape affect transition?
- How did learning experiences promote exploration, experimentation, and play toward desired outcomes?
- How was the learning environment changed to align with the changing needs of individuals?
- Was relevant information provided at a rate that engaged participants in their learning process?
- Were individual concerns of emotional and physical risk managed?
- What are the key skill-blending and tactical changes experienced that most met individual needs?