



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

Cruising the Groomers

Duration: 2 days (12 CEUs)

Course Description:

Keep the intensity low and the accuracy high in this fun but focused clinic on the groomers. (In the event of fresh snow, the clinic leader will find the “most groomed” terrain available). Skiers will work on blending fundamentals to create outcomes maximizing modern ski design and technique and minimizing physical effort. Terrain includes: groomed green and blue terrain. Groomed black diamond terrain depending on the group, conditions, and resort.

Recommended Prerequisite Course:

- Alpine Level 1

Recommended Prerequisite Skills:

- Mostly parallel skiing on groomed green and blue terrain.

Learning Outcomes:

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

- Demonstrate skill blends that lead to managing consistent speed through turn shape resulting in seamless, linked turns.
- Choose speeds, turn sizes, and turn shapes that lead to managing speed 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 to achieving success.

Potential Learning Experiences:

- Compare and contrast how our ability to link turns 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 more accurate steering.
 - What is steering? How is it different than pivoting? How does steering integrate with edging without pushing the ski away from you to an edge?
- Adapt to 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?