

Extreme Mountain Performance

Duration: 2 Days (12 CEUs)

Course Description:

This high-intensity performance clinic explores the technical and tactical aspects of skiing steep off-piste terrain and all types of snow conditions for PSIA level II certified and above. We will endeavor to develop optimal ski and body performances in extreme terrain and achieve efficiency in all terrain and snow conditions. Knowing what it takes to ski proficiently in double black terrain can help you with a wide range of lessons. This course can help you learn to make informed terrain choices, develop long-term lesson plans, and provide students with the “nugget” of coaching they need to expand their comfort in challenging terrain and snow conditions. This course builds on foundations from the Front Side/Back Side Clinic.

Recommended Prerequisites:

- Front Side/ Back Side Clinic, Precision Skiing 301, or Performance Bumps Clinic.
- Level 2 Certification.

Prerequisite Skills:

- The fitness, tactical decision making, and technical skills necessary to ski any/all open terrain, in any/all conditions (including extreme terrain and conditions) confidently, comfortably and competently.

Note: Clinic Leader may ask any participant(s) who do not have ownership of highly advanced skills, confidence and versatility necessary to ski any/all open terrain to ski with a more appropriate group, or contact the RM Office for refund/reschedule.

Learning Outcomes:

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

- Demonstrate body performance, ski performance and appropriate tactics that heighten ski performance on double black terrain.
- Describe ski, body performance and tactics that lead to confidence in double black terrain.
- Describe a lesson plan, coaching ‘nugget, or guiding tip that will help students expand their comfort in challenging terrain and snow conditions.

Potential Learning Experiences:

- Explore and discuss effective:
 - Tactics, body performance and ski performance.
 - Skill and Fundamental blends used in skiing extreme terrain on increasingly difficult slopes.
 - Safety procedures for skiing extreme terrain, including self-arrest, spacing, assessing snow conditions, and assessing risk.
- Practice group procedures and class handling prior to adventuring in extreme terrain. (Buddy system, going one-at a time, checking conditions, etc.)