



Extreme Mountain Performance

Duration: 2 Days (12 CEU's)

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 a 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:

- Parallel skiing in double-black terrain

Learning Outcomes:

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

- Demonstrate body performance that heightens athleticism and ski performance on double black terrain.
- Blend movements to maximize ski performance in double black terrain.
- Align tactics and technique to take advantage of athleticism and ski performance.
- Describe ski and body performances that lead to controlled runs in double black terrain.
- Describe tactics that lead to controlled runs in double black terrain.

Potential Learning Experiences:

- Share understandings with fellow participants and give feedback relating to tactics, body performance and ski performance.
- Utilize techniques used in skiing extreme terrain on increasingly difficult slopes.
- Discuss and use different tactics used in skiing extreme terrain on increasingly difficult slopes.
- Discuss 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.)