



# PSIA-Rocky Mountain-AASI



## Fall Workshop

**Discipline:** Alpine

**Time:** 2 days **Credit Hours:** 12

**Setting:** On snow and indoors as appropriate

**Course Description:** Get an early season tune-up for your technique from top PSIA-RM Divisional Trainers. Share your knowledge of how to “get back on ‘em” with your peers. Individual feedback with video will create a focus for development to take you into a successful season and beyond. Participants will leave this 2 day clinic with a movement and/or understanding focus(es) to work with throughout the season.

**Recommended Prerequisite Courses:** Level 1 certification

### Prerequisite skills:

- Participants can safely ski blue terrain while maintaining a parallel relationship.
- Participants have an understanding of skills concept.
- Participants have an understanding of fundamental movements.

### Course Objectives:

- Participants will exchange personal strategies for success in early season skiing warm up. **(Affective)**
- Participants will explore technical and tactical choices relevant to success in personal skiing in varying terrain and snow conditions. **(Pysychomotor)**
- Participants will free ski with balance and control in all mountain situations and snow conditions relevant to the group’s ability. **(Pysychomotor)**
- Participants will receive video and on hill feedback to help improve technique and identify possible alignment or equipment issues. **(Cognitive)**

### Sample Activities:

- Develop a warm-up progression from low risk terrain and snow conditions to more challenging situations at the pace of the group.
- Identify learning styles among the group and discuss tailoring the group experience to meet individual learning needs.
- Use the GCT Model and involve the group in selecting exercises, drills, tasks or terrain skiing.
- Address the use of class handling skills to keep around to a minimum.

### Materials Needed:

- Video camera, viewing space and a TV