



PSIA-Rocky Mountain-AASI



Nastar Clinic

Discipline: Alpine

Time: 2 Days Credit Hours: 12

Setting: Skiing groomed runs utilizing tasks and freeskiing. Skiing within the NASTAR course with coaching on tactics and technique.

Course Description: This 2 day clinic will improve your understanding of racing tactics and technique to enhance the client experience. This can also be utilized to obtain the appropriate medal for the purpose of certification.

Recommended Prerequisite Courses: Must be a member of PSIA, Level 1 Certification recommended.

Prerequisite skills:

- Participants can make turns of varying sizes and shapes.
- Participants will have a desire to go faster.
- Participants have a fundamental understanding of the skills concept.

Course Objectives: (Specific statements/objectives)

- Participants will gain comfort and speed in the NASTAR course. **(Affective)**
- Participants will develop greater understanding of tasks to enhance skills. **(Cognitive)**
- Participants will strengthen their own ski performance and ability to coach. **(Psychomotor)**

Sample Activities:

1. Developing a functional start
2. Using Pressure and Edge drills to modify turn shape.
3. Use Medium Radius Turn as a basis of skill development.

Materials Needed:

- Helmet
- Armor/Padding is recommended...
- Well tuned skis, preferably race or recreational race skis.