



**ROCKY MOUNTAIN DIVISION**

Professional Ski Instructors of America  
American Association of Snowboard Instructors

## Skate to Ski Clinic

### Prerequisite Skills:

Participants should have some prior skating experience (beginner to advanced skaters are welcome), their own skates and a helmet. The group will skate on flat ground up to moderately sloped pavement. The clinic will incorporate drills and obstacle courses that utilize cones and other equipment.

**Duration:** 3hr's

**CEU's:** 3

### Course Description:

Improving your skiing is hard! It demands an accurate and relevant focus on what you are trying to change, heaps of repetition in a consistent environment and quality feedback. Adding to this challenge is the dilemma that we never seem to have enough time for ourselves to practice. What if you could use the pavement to improve your skiing during the warmer months? The Skate to Ski program developed by Rollerblade was created to help skiers practice the same fundamentals that lead to great skating and skiing. Join PSIA-AASI National Team member Stephen Helfenbein and see how to use skating to improve your skiing. We will do activities that develop stable gliding and turning. Participants should have some prior skating experience (beginner to advanced skaters are welcome), their own skates and a helmet. Most skating will happen on a flat paved surface and will incorporate drills, obstacle courses that utilize cones and other equipment. A limited number of demo skates and protective gear are available.

### Learning Outcomes:

Improve specific body inputs that lead to improved gliding and turning

### Learning Activities:

The following activities will be used to create awareness and practice specific body inputs:

- Gliding activities - alternating toes up, 1000 steps gliding, hops, pole jumpers, curb drops/ramp
- Turning activities - Inside knee to cone, torso to outside cone, half circle turns (2 variations: inside to outside & outside to inside)
- Combo activities - hop-turn drill, turn-glide-turn drill, turn-hop-turn, turn-ramp-turn, double push skating
- Participants will demonstrate the following elements of body input:
  - ankle flexion = front wheel up/rear wheel down
  - fore/aft upper body stability = helmet in front of skates
  - leg steering = Inside skate leads turns
  - rotational upper body stability = helmet aligned to outside skate