



PSIA-Rocky Mountain-AASI

TEACHING CONTEMPORARY SKIING

Discipline: Alpine

Time: Two Days

Course Description:

Dial it up to modern day! Primarily on groomed terrain, explore methods, progressions and strategies to facilitate accurate movement patterns and maximize modern ski usage for your guests. Improve your personal technique and increase your understanding of modern day equipment along the way.

Main Goal: Participants will understand more about teaching modern skiing.

Course Outcomes to meet goal:

- Develop methods, movements, sensations and understandings of proper stance and body alignment to enhance the ability to blend skills.
- Develop an understanding of how to adapt movement patterns and blend skills to exploit modern equipment.
- Identify and discuss technical aspects of equipment relative to contemporary skiing.
- Demonstrate and discuss measurable tasks that illustrate contemporary movement patterns appropriate for varying ability levels.

Sample Activities:

- Address proper stance and alignment in low risk surroundings. Play with balance and movements that encourage blending of skills.
- Identify, discuss and develop tactics and strategies that are complimentary to terrain, conditions and situations. (e.g. Turn shape & radius, braking vs. gliding, mental & physical considerations, etc.)
- Discuss how equipment selection affects tactical decision making.
- Utilize appropriate exercises, drills, tasks and terrain to develop skills at a variety of skiing levels. Address a variety of learning styles.
- Utilize the Guest Centered Teaching Model to present information and anchor concepts for participants and their guests.

Materials Needed:

- Roster