



PSIA-Rocky Mountain-AASI



The Whole of it –Broken Down

Discipline: Alpine

Time: 2 Days Credit Hours: 12

Setting: On snow and indoors as appropriate

Course Description:

This 2-day clinic is designed to allow you to improve your fundamental skiing movements and utilizes the basic parallel to affect change in dynamic medium radius turns. This clinic is delivered in a coaching style so you will be skiing a lot. You will lap through a designated trail and create changes in your skiing through collaboration with your coach. Be ready to see, feel and own some major changes after these two days!

Recommended Prerequisite Courses: Level 2 Cert, Technical Foundations

Prerequisite skills:

- Participants can make parallel turns of varying sizes and shapes and at various speeds on all groomed blue and black terrain.
- Participants have a fundamental understanding of the skills concept.

Course Objectives:

- Participants will gain/increase their ability to accurately blend skills to achieve greater ski performance (**Psychomotor**)
- Participants will develop stronger understanding of biomechanics and skill blending as it relates to their personal skiing (**Cognitive**)
- Participants will be able to identify cues for successful and unsuccessful performances and create a plan for further development (**Cognitive**)
- Participants will go through an experiential learning process that will lead to greater confidence through a stronger ability to self-coach (**Affective**)

Sample Activities:

- Present basic mechanics of stance from a fore/aft and lateral perspective
- Using a basic turn, identify key opportunities to enhance skill blending
 - Identify similarities and key differences in groups movement patterns



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- Introduce an activity (task) that will challenge the entire groups current movement pattern(s)
- Station training (lap coaching) focusing on participants specific needs from the perspective of a single skill. Give plenty of time for participants be coached, practice under supervision, and experience new sensations.
- Slowly add in other skills
- Allow participants to start moving faster (in lap coaching format) once satisfactory improvement has been achieved