



ROCKY MOUNTAIN DIVISION
Professional Ski Instructors of America
American Association of Snowboard Instructors

Tip It and Rip It Clinic

Duration: 2 Days (12 CEU's)

Course Description: Explore skill blending and tactics to improve your on-piste skiing in this medium to high intensity clinic. Improved turn shape, turn size, and overall speed control while carving is the name of the game. Experience how managing terrain, pacing, and activities creates an environment that encourages exploration and experimentation. Share and take away teaching ideas to help your students improve their on-piste skiing groomed green, blue, and black terrain. In the event of snow, the clinic leader will make every attempt to find the "most groomed" terrain available.

Prerequisites:

- PSIA member
- Alpine Level 1 Certified (or above)

Recommended Prerequisite Skills:

- Parallel skiing on groomed blue terrain.

Learning Outcomes:

By the end of the clinic, participants will be able to:

- Manage consistent speed and flow in high intensity, on-piste skiing
- Control speed through in a variety of turn shapes and sizes utilizing ski design
- Adjust tactics in demanding groomed terrain from green to black
- Identify actions and behaviors that develop trust and meaningful interactions to achieve skiing goals
- Identify actions and behaviors that helped you recognize and reflect upon experiences that were central achieving success

Suggested Learning Experiences:

- Experiment with skill blending and tactics that lead to more carving
- For greater accuracy, explore blending options:
 - Movements and timing of directing pressure to outside ski relative to edge changing movements
 - Relevance of counter (rotational separation) through turn transition
 - Control speed while managing forces from shaping phase to shaping phase
 - Appropriately flexed and engaged joints to promote mobility and strength

Topics for Discussion:

- How did learning experiences promote exploration, experimentation, and play toward desired outcomes?
- How was the learning environment changed to align with the changing needs of individuals?
- Was relevant information provided at a rate that engaged participants in their learning process?
- Were individual concerns of emotional and physical risk managed?