



ROCKY MOUNTAIN

Title

Tip It and Rip It

Duration

2 days (12 CEUs)

Learning Connection Highlight

Technical Skills

Course Description

This on-snow clinic is for instructors who want to improve their on-piste skiing. We will explore how to adapt skill blends and tactics to develop and refine the group's ability to carve. We will explore how to use turn shape and size to manage speed while carving with accuracy. In this medium to high-intensity clinic, expect to ski primarily on groomed terrain.

Recommended Preparatory Learning or Prerequisites

- None

Prerequisites Courses and Skills

- Alpine Level 1 Certified
- Able to safely ski groomed green and blue terrain

Learning Outcomes

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

- Adjust skill blends and application of fundamentals to maximize ski performance for the speed they are skiing.
- Maintain consistent speed and flow in high-intensity, on-piste skiing.
- Control/adjust speed through in a variety of turn shapes and sizes utilizing ski design.
- Adjust tactics to align with application of fundamentals to maximize ski performance at different speeds.

Learning Experiences

- Explore how to adjust skill blends and tactics to develop/enhance carving and high performance on-piste skiing skills.
- Practice skiing drills to enhance specific skills/fundamentals for application in dynamic parallel turns and carving.

Materials/Equipment Needed

- Recommended Equipment Considerations
 - o Tuned skis narrower than 98 mm underfoot
 - o Alpine Ski Boots (Alpine Touring Boots are not recommended)