

PSIA-Rocky Mountain-AASI

Alpine Women's Workshop

Course Description:

Top women clinic leaders from the PSIA-AASI Rocky Mountain Educational Staff provide insight, knowledge and inspiration for women. Must be Level 8 or 9 skier. Improve teaching skills by learning to address equipment issues and tailor lesson content and other considerations to the physical and psychological profile of women. At the same time, take skiing to new heights in a supportive, challenging environment.

Course Outcomes:

- Explore equipment issues relative to the unique physical makeup and strength issues associated with women skiers and snowboarders.
- Gain basic understanding of the psychological differences between men and women.
- Understand the specific anatomical problems and solutions that enhance women's skiing performance.
- Take personal skiing to a higher level while exploring all topics.

Sample Activities:

- Utilize Guest Centered Teaching™ methodologies to focus on the unique student profile and motivations of women students.
- Explore positive group dynamics that help women students perform at higher levels.
- Discuss ideas for dealing with fear, fatigue or strength issues, mixed groups (men and women) and other factors that inhibit women's performance.
- Share ideas for performance enhancement such as: breathing and centering, visualization, partner skiing and other methods.

Materials Needed:

- Handouts to be downloaded from the website.
- Canting, blocks or other equipment that can change stance and performance.
- Possibility of demos available for women-specific equipment.