



Women's All Mountain Performance (WAMP)

Duration: 2 days (12 CEUs)

Course Description:

Come ski in the advanced zone with female Ed Staff. Challenge yourself and push your boundaries in this all-female, supportive environment. We'll explore a variety of topics including equipment choice/setup, terrain selection, technique, and tactics. Participants will apply new-found skills on snow and receive individual feedback related to their goals. Join us and gain the knowledge, tools, and support you need to take your skiing to the next level.

Learning Outcomes:

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

- Adapt a variety of skill-blends, fundamentals, and tactical options to develop a personal improvement plan.
- Build trust and rapport through an exploration of motivations, understandings and performance needs to leverage strengths, identify challenges and elevate skiing and confidence within the group
- Collaborate to plan, implement and customize the learning experience to deepen ownership and engagement in the learning process

Prerequisites:

- PSIA member
- Level 7 skier or above
- Currently comfortable in the advanced zone: ungroomed black, ungroomed terrain and blue-black bumps

Potential Learning Experiences:

- Explore a variety of skill-blends, fundamentals and tactics in a variety of situations and snow conditions relative to stated goals.
- Discuss new ideas, skills, confidence, and fresh perspectives.
- Explore and enhance diagnostic skills in a variety of situation in order to gain a deeper understanding of technique and tactics.
- Explore and share potential innate biases, individual morphology and equipment choices/setup in a supportive community of other women who share the similar challenges.