



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

Precision Ski 101

Time: 2 days

Credit Hours: 12

Setting: On-snow

Course Description: This two-day clinic explores the National Level One Certification standard, and Rocky Mountain's assessment of your skiing. This course will give members who are unaffiliated or have not completed new hire training (or similar) 2 days of on snow training. You will receive feedback on your performance throughout both days. All participants will be given a verbal or written development plan by the conclusion of the course.

Prerequisite skills: Current PSIA Member

Learning Outcomes: By the end of the 2-day session participants will;

- Identify all fundamentals - Teaching, People and Technical
- Articulate the basic format and elements of the Level 1 assessment: overview, assessment form and performance guide
- Receive feedback on your skiing relative to the Level 1 assessment and a development plan (verbally or written) for future growth
- Integrate fundamentals to understand personal skiing performance

Possible Learning Experiences:

- Ski through Level 1 tasks
 - Identify and practice drills, exercises, and/or focuses to enhance performance
- Exchange feedback on technique, tactical decisions, application of fundamentals in turn phases, effects of speed/environment and terrain on desired outcomes
- Experience beginner zone progressions to identify elements of the Teaching/Learning Cycle and apply them to personal skiing
- Practice Movement Analysis (MA) by observing peers and general public in the beginner zone and apply conclusions to personal skiing

Clinic Leader Materials Needed:

- National Standards
- Level 1 IDP and other supporting documents
- Alpine Technical Manual
- **Fun attitude to embrace new members!!!**