



PSIA-Rocky Mountain-AASI Advanced Skiing Applications

Discipline: Alpine

Time: 2 days

Setting: On-snow

Course Description:

This two-day on-snow session is designed for current Level 3 certified instructors who are interested in developing their skills towards the Rocky Mountain Trainer (RMT) entrance exam. This course is also for current level 3 certified instructors interested in improving their technical skiing in a challenging, focused and feedback-intensive environment. Participants will develop their understanding of, and ability to apply concepts that define modern, high performance skiing. Participants will ski ALL available terrain (including Double-Black Diamond and inbound extreme terrain/conditions).

Recommended Prerequisite Courses:

301 Movement Analysis

Boot Balancing & Alignment Clinics

Prerequisite skills:

1. Current Level 3 Certification
2. Current PSIA-RM Level 3 Skiing requirements
3. Current PSIA-RM Level 3 MA requirements
4. Participants must have technical skills and adaptability necessary to ski any/all open terrain, and any/all conditions (including extreme terrain and conditions) comfortably and competently.

Note: Clinic Leader may ask any participant who does not have ownership of highly advanced skills, confidence and versatility necessary to ski any/all open terrain to ski with a more appropriate group.

Course Objectives:

By the end of the clinic:

- Participants will ski more accurately while meeting the objective parameters as described in the IDP in a variety of skill blends and terrain. (Psychomotor)
- Participants will demonstrate technical understanding by linking a description of what has changed in their body-ski performance that is moving them closer to their desired outcome/ideal. (Cognitive)

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Sample Activities:

- Ski Alpine Level II and Alpine Level III isolated, blended, terrain and high-end skill applications as described in IDP for deeper understanding and with feedback.
- Explore a variety of Durations, Intensities, Rates, and Timing of body movements and skis performances.

Materials Needed:

- Helmet highly recommended.
- IDP-Skiing, IDP- MA
- RMT Scoring Matrix