

Elective Education Clinics
11/10/2013

Women's Ski Camp

Prerequisites: Level I or higher PSIA-I member

Days: 2

Clinic credit: 12 hours

Price: \$198.00

This clinic will address the needs of women who are looking for personalized coaching to work toward personal goals, and to discover their strengths and the unique abilities that will help them contribute to their ski schools in a more fulfilling way.

If you are looking for focused instruction that takes women's needs into consideration, or are looking for the camaraderie that only other women facing the same challenges and rewards can provide, this seminar is for you.

By the end of the clinic, the participant will:

be exposed to a variety of skiing situations.

possess a clearer understanding of their women's skiing's strengths and weaknesses

have some ideas for creating women's programs at their own areas

enhance their personal skill levels as a result of practice.

created 11 Nov 2010

Big Mountain Skiing

Prerequisites: PSIA-I member that is comfortable skiing off-piste black diamond terrain and more.

Days: 2

Clinic credit: 12 hours

Price: \$120.00

One day at Alta, one day at Snowbird. This is an opportunity to focus on the excitement of high intensity, off-piste skiing. Big mountain skiing requires the unique ability to responsibly assess conditions and terrain while spontaneously adapting skills to a wide variety of natural conditions striving for a creative and efficient outcome.

Through the use of video analysis, one-on-one coaching and lots of skiing, this clinic will provide tools to ski instructors looking to improve their own off-piste game and that of their clients.

By the end of the clinic, the participant will:

have skied the most demanding available slopes.

have gotten tips and advice on the mental game of big mountain skiing.

have increased their repertoire of big mountain tools.

NOTE: Participants are encouraged to sign up for both days. The experience is a progression of information and skiing that is intended to be offered over both days. If members can only do one day, it should be the first day not the second day.

revised 09 Sep 2008

Ski Improvement Workshop

Prerequisites: Level I or higher PSIA-I member

Days: 1

Clinic credit: 6 hours

Price: \$60.00

A ski lesson. Participants will relay their personal goals to the clinician and group. From these personal goals the days lesson plan will be constructed. Drills, exercises, terrain, and conditions will be used to achieve the goals of each participant. At the end of the day, participants will debrief together and relate what worked and did not work for each individual. The skiing skill improvement objectives of this clinic are similar to the Level II & III Skiing Clinic. The difference being in the nature of feedback. While the Level II & III Skiing Clinic will inform the participants of where they stand in relation to the Level II & III standard, this clinic will focus the feedback on primarily skiing skills. By the end of the clinic, the participant will:

understand their skill strengths and weakness'.
have a "game plan" in which to work on deficiencies.

to understand the cause and effect of indigenous insufficiencies.

revised 09 Sep 2008

2 Days 1 Coach

Prerequisites: PSIA-I members of all levels.

Days: 2

Clinic credit: 12 hours

Price: \$120.00*

This is a two day personal ski lesson separated by time to allow for take-home practice. This ski lesson is based upon participants individual goals and desired outcomes. After a day of drills and exercise, terrain and conditions, the participant will be given "homework" to practice. Upon return, the lesson continues with the initial clinician.

By the end of the clinic, the participant will:

understand their indigenous skiing skill deficiencies.
be directed to drills, exercises, terrain, and conditions to practice.
be given specific direction for practice.
understand the need for practice time and repetition.

*Those who sign up must understand there is no re-scheduling and no refund if they are unable to attend the second clinic day.

revised 09 Sep 2008

Gate & Race Training I

Prerequisites: PSIA-I member; FIS approved helmet & goggles required

Days: 2

Clinic credit: 12 hours

Price: \$120.00

This is an introductory clinic to running gates. No experience is necessary. Racers make the best skiers, and this is acquired by skiing gates. The necessity of planning and maintaining a line will result in skill improvement by challenging timing of all skills. Participants will start with rhythmical NASTAR or giant slalom (GS) size turns and advance to rhythm changes. Safety aspects will be of primary concern and participants will learn how to set up a safe race arena and be able to identify a gate that is prepared correctly and low risk from a gate that is high risk. Race protocol and etiquette will be diligently covered.

By the end of the clinic, the participant will:

have experienced the thrill of gate running.
have worked on their skiing skills without even knowing it.
be able to identify a low-risk race arena and low-risk race course.

revised 09 Sep 2008

Slalom Gate Training

Prerequisites: PSIA-I member; FIS approved helmet & goggles required, shin & pole guards recommended

Days: 2

Clinic credit: 12 hours

Price: \$120.00

For those who have attended an introductory gate & race clinic. Short turn progressions will be introduced and applied to slalom gate running. Pole usage will be addressed during free skiing drills and gate clearing progressions will be used to introduce or enhance the gate clearing skill. Rhythm, followed by rhythm changes will be introduced according to the group needs. Hairpin and flush drills will be added when the prerequisite skills have been acquired. Entrance and exiting strategies will be covered along with specific drills for each will be covered as needed.

By the end of the clinic, the participant will:

- have had a quick reminder of race course and gate safety.
- gone through slalom size turn progression(s).
- had an increased appreciation for upper and lower body separation with the pole clearing drills.
- been exposed to rhythm changes and understand appropriate strategies.
- run gates designed to enhance skiing skills.
- will have received a candid prescription for improvement.

This clinic is for the beginning slalom skier along with the well-seasoned slalom racer. Both must acknowledge that gate training has an added a degree of risk and enhances the chance for physical misfortune. Safety will be the number one concern at all times and anyone that compromises that goal will be asked to leave.

revised 09 Sep 2008

Intro to Park & Pipe

Prerequisites: PSIA-I member; No experience required. Twin-tips are encouraged but not required.

Days: 1

Clinic credit: 6 hours

Price: \$60.00

Learn the basics of park and pipe on beginner/intermediate features. Receive an introduction to: Smart Style, (Look Before You Leap, Easy Style It, & Respect Gets Respect), the ATML (Approach, Take-off, Maneuver, Landing) model which forms the foundation of all park and pipe moves. Excellent clinic for those willing to try something different, expand their comfort zone, and experience the common threads that connect park and pipe culture to the traditional alpine ski world.

By the end of the clinic, the participant will:

- be introduced to and begin use of the ATML model.
- be introduced to and begin use of the three principles of "Smart Style".
- inspect and ride beginner and intermediate terrain park and half pipe features.
- have had coaching on beginner and intermediate terrain park and half pipe riding skills.

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Cat Skiing/Riding Clinic

Prerequisites: PSIA-I member in good standing; skiing/riding skills commensurate with the advanced zone are strongly suggested; familiarity & comfort with off-piste & variable snow conditions.

Days: 1

Clinic credit: 6 hours

Price: \$60.00 + \$20.00 fee for cat rides = \$80.00

Increase your fundamental skiing skills with varying terrain. Conditions will provide the challenge, while the clinician reinforces skill basics and provide feedback as to strategies and tactics for safe and efficient off-piste skiing. By the end of the clinic, the participant will:

- be exposed to a variety of snow conditions and off-piste terrain.
- be exposed to some specific techniques and tactics for coping with off-piste conditions.
- enhance their personal skill levels as a result of practice.

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Steeps Camp

Prerequisites: PSIA-I member that is comfortable skiing black diamond terrain and more.

Days: 2

Clinic credit: 12 hours

Price: \$120.00

Coach / Participant rapport will be developed via working on technique needed for steep skiing. Student confidence is important and will be enhanced prior to skiing the steep slopes. Feedback will be given for off piste skiing, high speed cruisers, and moderate jumps. All of which will prepare participants for the hazards of steep slopes. Turn shape, rhythm, and speed will be developed through imitation by following the clinic leader on terrain that has exposure and consequences. Safety will be a number one priority during this exciting clinic format. By the end of the clinic, the participant will:

have acquired confidence and appreciate the demands of the steeps.

have developed prerequisite skills needed for the steeps.

have had the opportunity to follow a well seasoned steeps clinician.

NOTE: Participants are encouraged to sign up for both days. The experience is a progression of information and skiing that is intended to be offered over both days. If members can only do one day, it should be the first day not the second day.

revised 09 Sep 2008
