



ROCKY MOUNTAIN

Title

Cruising the Groomers

Duration (Hours/CEUs)

2 Days (12 CEU's)

Learning Connection Highlight

Technical Skills

Course Description

Keep the intensity low and the accuracy high in this fun but focused clinic on the groomers. (In the event of fresh snow, the clinic leader will find the “most groomed” terrain available). Skiers will work on blending fundamentals to create outcomes maximizing modern ski design and technique and minimizing physical effort. Terrain includes: groomed green and blue terrain. Groomed black diamond terrain depending on the group, conditions, and resort.

Recommended Preparatory Learning or Prerequisites

- None

Prerequisite Course(s) and Skills

- Alpine Level 1 Certification
- Able to safely ski groomed green and blue terrain

Learning Outcomes

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

- Demonstrate skill blends that lead to managing consistent speed through turn shape, resulting in seamless linked turns.
- Choose speeds, turn sizes, and turn shapes that lead to managing speed with minimal braking through the finish phase of the turn.

Learning Experiences

- Explore tactics including visual anticipation from fall-line to fall-line.
- Explore how steering affects turn shaping and therefore speed control.
- Explore how to accelerate and decelerate without changing the turn size
- Explore how to maintain a consistent speed from turn to turn.
- Explore how braking at the end of the turn affects the initiation of the next turn.
- How does turn shape affect transition?

Materials/Equipment Needed

None