



ROCKY MOUNTAIN

Title

Fall Workshop

Duration

2 Days (12 CEUs)

Learning Connection Highlight

Technical Skills

Course Description

Get an early season tune-up for your technique from top PSIA-RM Divisional Trainers. Share your knowledge of how to “get back on ‘em” with your peers. Individual feedback with video will create a focus for development to take you into a successful season and beyond. Participants will leave this 2-day clinic with a movement and/or understanding focus(es) to work with throughout the season. Expect to progress from low-risk terrain to more challenging terrain and conditions based on the group’s ability.

Recommended Preparatory Learning or Prerequisites

- Working understanding of the Alpine Technical Fundamentals.

Prerequisite Courses and Skills

- Alpine Level 1 Certification
- Participants can safely ski blue terrain while maintaining a parallel relationship.

Learning Outcomes

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

- Describe personal strategies for success in early season skiing warm up.
- Describe technical and tactical choices relevant to success in personal skiing in a variety of terrain and snow conditions.
- Demonstrate free skiing with balance and control in all mountain situations and snow conditions relevant to the group’s ability.

Learning Experiences

- Warm-up through a progression from low-risk terrain and snow conditions to more challenging situations at the pace of the group.
- Practice skiing activities that promote balance in all planes.
- Explore the Common Threads of Center Line and their role in warming up.
- Align tactics to promote successful early-season skiing.
- Identify possible alignment or equipment issues.
- Explore terrain to enhance skill blends and applications of fundamentals.

Materials/Equipment Needed

- Well-tuned skis able to manage the expected snow conditions and terrain available during this clinic.