



**ROCKY MOUNTAIN**

## **Title**

Women's All Mountain Performance (WAMP)

## **Duration**

2 Days (12 CEUs)

## **Learning Connection Highlight**

Technical skills

## **Course Description**

Come ski in the advanced zone with female Education Staff. Challenge yourself and push your boundaries in this all-female, supportive environment. Expect to explore a variety of terrain and conditions in this moderate to high intensity clinic. We will explore a variety of topics that may include equipment choice/setup, terrain selection, technique, and tactics. Participants will have the opportunity to apply new-found skills and receive feedback related to their goals. Join us and gain the knowledge, tools, and support you need to take your skiing to the next level.

## **Recommended Preparatory Learning or Prerequisites**

- None

## **Prerequisite Courses and Skills**

- Alpine Level 1 Certified
- Able to safely ski all groomed and ungroomed green, blue, and black terrain.

## **Learning Outcomes**

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

- Adapt a variety of skill blends, fundamentals, and tactics in a variety of situations and new conditions relative to personal goals.

## **Learning Experiences**

- Build trust and rapport through an exploration of motivations, understandings, and performance needs to leverage strengths, identify challenges, and elevate the skiing skills and confidence within the group.
- Identify at least one cue/focus that elevates their skiing skill or confidence.
- Identify a tactical and/or technical focus that supports their goal.
- Explore and share potential innate biases, individual morphology, and equipment choices/setup in a supportive community of women who share similar challenges.
- Utilize group/individual practice time that allows individuals to explore and reflect on experiences to identify and ground cues that lead to desired performances.
- Develop a personal improvement plan to continue progress toward stated goals.

## **Materials/Equipment Needed**

- Well-tuned skis appropriate for exploring a variety of terrain.