



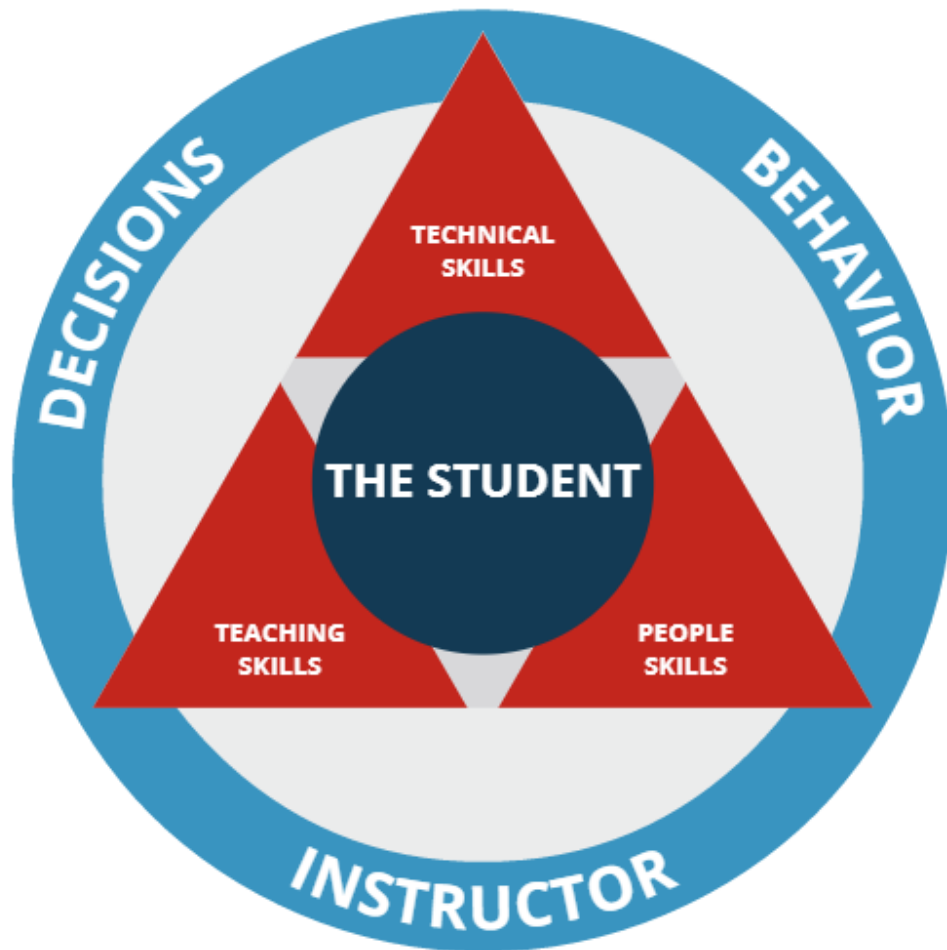
Professional Ski Instructors of America
American Association of Snowboard Instructors



THE LEARNING CONNECTION

Developmental Framework
United States of America Interski Delegation





Indoor Workshops

We are submitting a series of 5 lectures based on the Learning Connection Framework

1. **The Learning Connection:** PSIA-AASI Student Centered philosophy. Integrating People Skills, Technical Skills, and Teaching Skills to provide the complete guest experience (multi-discipline presentation).
 - **People Skills:** an empathetic approach to building relationships based on trust and respect - **Culture**
 - **Technical Skills:** a clearly defined set of fundamental mechanics that can be adapted and applied to any ability level, situation, application, or outcome - **Core**

- **Teaching Skills** – a method of developing content and adapting delivery based upon the physical, mental, and social needs and desires of each student – **Connection**

2. People Skills: Student Centered Interpersonal Skills

- Interpersonal skills are used to build trust and target a personal connection to the guest (internal and external guest)
- Empathy based decision interaction ensures the guest's needs and desires are central to the experience
- Dependent upon the instructor's ability to understand themselves and moderate / adapt their response
- Soft Skills Tool Kit

3. Technical Skills: Fundamental Mechanics

- Skills Concept – clearly define the essential actions of the skis/board
- Skill Blending – identify how to adapt the action of the skis/board to any desired outcome
- Skiing/riding Fundamentals – define the mechanics and movements essential to any ski/board performance outcome
- Ski(s) Board Performance and Movement Blends
- Biomechanics

4. Technical Skills: Fundamental Mechanics Relating to Adaptive Equipment

- Compare alpine fundamental mechanics to instruction using adapted equipment.
- Apply the Skills Concept to teaching using adapted equipment.

5. Teaching Skills: Teaching Fundamentals

- Instructor's role as facilitator, the designer of the learning environment
- Create learning experiences to sensations and stimulate emotions
- Learning Partnership
- Teaching Model
- Teaching Cycle

On Snow Workshops

Alpine

We will present two alpine specific on-snow workshops, both focusing on our 'universal' approach to mechanics and skiing fundamentals.

The first workshop will explore the development of our skiing fundamentals through ability levels – beginner / intermediate / advanced. **<Same fundamentals for every ability>**

- The essential actions of the skis (Skills Concept)
 - A framework for understanding the basic actions of the skis in all skiing outcomes
 - Biomechanics related to each category of action of the ski
 - The development of skills in each of these actions
 - The skills of blending these actions

The second workshop will explore the blending of our skiing fundamentals through a variety advanced skiing applications. **<Same fundamentals for every application>**

- Skiing Fundamentals - Mechanical priorities for great skiing
 - Control the relationship of the Center of Mass to the base of support to direct pressure along the length of the skis;
 - Control pressure from ski to ski and direct pressure toward the outside ski;
 - Control edge angles through a combination of inclination and angulation;
 - Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body;
 - Regulate the magnitude of pressure created through ski/snow interaction.

Snowboard

We will focus on the development of People skills to promote new instructor and guest engagement and retention while integrating fundamentals of board performance and movement blends for different outcomes.

- Soft Skills Tool Kit: Establishing a deeper personal connection
 - Read: Clothing and Equipment, Fitness, Behavior
 - Welcome: Verbal/physical contact, presentation, rapport
 - Engage: Relationship, emotional connection
 - Assess: Motivation, understanding, skill development

- Board Performance Concepts and Movement Blends
 - Tilt
 - Pivot
 - Twist
 - Pressure

Nordic

Nordic will blend the connection between communication and teaching skills to enhance the learning connection while delivering new technical models and educational resources.

Cross Country: Classic and Skate Skiing

- New Cross Country Technical Model and Manual (releasing in fall/winter 2015)
 - Sports Performance Triangle as “first principle”
 - Primary Skills: Push-off, Weight Transfer and Glide
- People Connection: Empathetic approach to building relationships based on trust and respect
 - Teaching Specific demographics: Women specific focus.

Telemark

- Technical Model and new Telemark Technical Manual
- Telemark Skills Concept
 - Lead Change: Applications of lead change to skill development.

Adaptive

Bring technical message and information from new adaptive manual to life to help trainers and instructors see the CONNECTION between communication, motivation, and the relationship with the student to evaluating the technical needs of the adaptive skier, to teaching the biskier, and to the technical skills required to tether the equipment.

- Connecting with the Bi-ski: Beginner to Expert
 - Consistency in teaching practices in most challenging discipline
 - Technical fundamentals of tethering the equipment
- Fundamental Mechanics: Consistent Mechanics for Adaptive Disciplines
 - Compare alpine fundamental mechanics to instruction using adapted equipment.
 - Apply the Skills Concept to teaching using adapted equipment.

Freestyle

We will focus on the Technical, Teaching and People skills in the Learning Connection Model as it pertains to Freestyle.

- Fundamentals for Freestyle
 - Highlight and blend specific fundamentals for different trick/maneuver outcomes
- The Session Lesson
 - A blend of affective environment, comradery and experiential learning for a deeper learning connection
- Freestyle Culture and Marketing
 - Growth and retention of emerging and influential demographics
 - Avoiding “Culture Killing” and embracing diversity.

WHAT ARE THE FUNDAMENTALS OF GREAT TEACHING?

PSIA-AASI recommends that ski and snowboard lessons be experiential and based on sensations. Of course, Interski is about sharing best practices of snowsports instruction, so what do YOU think are the fundamentals, or the essence, of great teaching that promote an exceptional learning environment? PSIA-AASI invites all nations this week to share ideas about what serves as the core of great teaching skills.

1. Answer the question of "What are the fundamentals of great teaching?"
2. Share your answer with the USA's PSIA-AASI Team members this week, and other nations.
3. Want to share your insights with thousands of PSIA-AASI members and other followers?
 - a. Add your comment to this Facebook post: tiny.cc/FundamentalsTeaching
 - b. Post to Twitter. Include #Interski2015 and @thesnowpros

