

Outline - Basic Training for Senior Clinicians

I Indoor Workshop

A. Who Senior Is

1. *A diverse group!*
2. *Importance of people, social aspect as well as learning*
3. *Great bull shit detectors - need to be competent, as well as confident*

B. Risk Management

1. *The mountain environment - terrain, conditions, weather*
2. *The guest:*
 - Equipment (see below)*
 - Physical condition - How athletic? Adaptive needs? Artificial parts?*
 - Current health concerns/medications? Previous injuries? Fatigued?*
 - Hydration and food?*
 - Psychological Condition - Motive for lesson and skiing/boarding?*
 - Fears or anxiety? Goals?*

C. People Skills

Who we are: CAWPS, Maslow Hierarchy, brain dominance, VAK-E learning styles, stages of learning, teaching styles

D. Teaching Skills

Observation, Communication, Analytical, Organizational, Performing

E. Understanding Basic Skills Concept/Physics/Body Mechanics

1. *Gravity and friction*
2. *Balance, rotary/steering, edging, pressure control*
3. *Direction, Accuracy, Timing, Intensity, Duration*

F. Equipment for Seniors

1. *Boots that fit and can be flexed with a more upright cuff*
2. *Short, moderate width skis, especially short women's skis, properly tuned (not aggressive tune)*
3. *Long enough poles*
4. *Light lenses in goggles*
5. *Helmets that allow for hearing*

G. Ski Techniques

1. *Low Impact*
2. *Two Footed*
3. *Modern timing of movement patterns/early weight transfer*
4. *Stack the bones, loose, feel the forces and go with them*

H. Tactical Considerations

1. *Terrain, quiet, stretch yet enjoyable*
2. *Pacing, energy management, oscillation*
3. *Full engagement, flow, adaptation, play*

II On-Snow Workshop - Do It/Feel It/Be It

Communicate in sensory language, body enabling language, what you feel

A. Stance/Balancing - side slip drills - stackitude

Sensory focus: Ski on your foot sole

Loose so can feel forces and go with them

B. Early weight transfer - turn mechanics - finishiation

Modern turn dynamics as opposed to classic turn dynamics

Sensory focus: Inside of outside foot

Sensory focus: Inside knee

Sensory focus: Outside hip

C. Turn shape - virage aval - foragonal - stacking bones

Sensory focus: Continual movement, even out pressure, why flexing

D. Apply to bumps and all conditions

E. Fun drills

1. Developing foragonal modern movements, moving into the turn with the forces

Pair up - short/large turns

Pair up - one foot outside track

2. Synchronize

F. "Rescue" techniques

Stem turn

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