

TSASRA Coaches Education, Skills Clinic

Tuesday, January 12th or Friday, January 5th, 2021 at Berkshire East Ski Area. Please chose ONE DAY

NOTE: clinic limited to 50 coaches

Registration 0830 – 0900 (Outside)

1. Introduction
2. Clinic Overview
3. Gear Up
4. Safety Brief

0900 – 0920 Dynamic warm up - stretching / 1 run

0920 - 1000 Balanced Athletic Stance

- Feet are hip width apart
- Ankles are of even flex
- Center of mass above the feet
- Hands are held out in front of the body
- Vision is forward
- Muscles are in tension but not stiff
- Push pull drill holding tips of skis
- 1 run slowly with boots unbuckled
- 1 run slowly with boots buckled

1000 - 1030 Pole Usage

- Pole plant-short, medium, long turns / Blocking pole plant-short radius turns

1030 - 1100 Rotary

- Straight run with side slips with edge set continuously down the hill
- Straight run with slide slip with edge set traverse across the hill in balance
- Pivot slips

1100 – 1130 Pressure

- Hands on hips
- Hop turns with tips on snow
- Framing drill (short radius)

1130 - 1200 Lateral Balance

- “The Ben” pole plant the beginning of turn and at APEX of turn
- 1000 pole plants
- Lane change

1200 - 1245 Lunch

1245 - 1300 warm up run

1300 - 1330 Edging

- Sideslip with edge sets
- Straight run with slide slip with edge set traverse across the hill in balance
- Garlands

1330 - 1400 railroad skiing / short, medium, long turns with focus on inside ski pressure - terrain dependant

1400 - 1500 Free ski with group with constant feedback with lots of dialog

1500 - 1530 Q & A / Wrap up

Environmental Factors

Early Season snow making mounds (no what's on the other side)

Active snow making gun noise / wearing mask while communicating with coaches

Early season conditions

No warm up huts or buildings