

Snow Board Fundamentals Clinic Guidelines for Clinicians

Teaching Adaptive Ski Program Instructors

The purpose of the clinic you are being asked to lead is to ensure that new and returning volunteer Adaptive Ski Program Snow Board Instructors are able to provide a safe and adequate beginner progression to a student stand up rider from never-ever to beginning switch. .

GOALS

- Volunteer instructors clinics are consistent, covering similar material
- Volunteer instructors are versatile and able to cross-train
- Volunteer instructors *understand* basic riding skills and are able to demonstrate them
- By use of the ASP Instructor Evaluation Forms, create accurate evaluation assessments of ASP Instructors' riding abilities and adaptive teaching skills

TEACHING

You should teach the volunteer instructor how to teach a progression that includes:

- Walking on toe-side edge, back leg free
- Gliding on flat terrain, back leg free
- Gliding on flat terrain and performing both heel-side and toe-side stops, back leg free
- Gliding, straight run to a natural heel-side and toe-side stop, back leg in binding
- Slow speed falling leaf, toe-side and heel-side, back leg in
- Gliding slow, single turn to stop, toe-side and heel-side, back leg in
- Linking turns across fall line, garland

Even if not adept at movement analysis, the volunteer instructor should know how to look at a board rider from the feet up and be able to identify typical beginner issues and identify one or two drills or games to help mitigate them. Typical beginner issues might be:

- Feet too close together affecting balance, make sure binding mount is in best position
- Leaning back, not bending knees enough
- Flat board, in need of more edging
- Hand positions in need of adjustment
- Looking down

The drills for these issues do not need to be uniform, so that volunteer instructors are exposed to a variety of different options.

You should model and explain very basic lesson structure, teaching styles and learning preferences.

RIDING SKILLS

While the main purpose of the clinic is to teach the volunteers how to teach a basic lesson, everyone can benefit from improving their own skills and understanding.

Instructors should be introduced to the basic riding skills concepts through 3 Steps to Success or the Stepping Stones Concepts or some similar technical base so that they understand:

- Balance and stance (flexion/extension what it means)
- Edging
- Pressure Control
- Rotary movements

They should be able to execute drills like hockey stops on both edge sides, sideslips, falling leaf, leapers, etc.

We are not looking for major improvement in their riding, but through these drills and some free-ride opportunities, we would like you to accurately assess each volunteer instructor's riding ability so that they will be properly placed in the program. Making a clear assessment of their ability will be critical to their success as a volunteer instructor as well as to their student's achievement.