

1ST YEAR VOLUNTEERS CLINIC DESCRIPTIONS

1ST DAY: volunteers will get to warm up and work on their own personal ski/ride development. Volunteers will then discuss the fundamentals of ski instruction and practice some basic ski tasks and analyze basic ski movements.

2ND DAY: Volunteers will be introduced to the beginner ski/ride progression and practice some teaching scenarios.

3RD DAY STAND INSTRUCTORS: Instructors will learn about teaching participants with intellectual or developmental disability. Instructors will explore ways to modify the skiing progression and practice using different teaching assists, games, and drills to help with the lesson

4TH DAY STAND INSTRUCTORS: Instructors will practice with different adaptive stand equipment and teaching assists for participants who stand ski or snowboard.

3RD DAY SIT INSTRUCTORS: Instructors will review the bi-ski equipment and will practice selecting and fitting a sit ski. Instructors will also practice assisting a sit-skier and lifting/loading sit equipment. Instructors will get to experience sitting in a sit-ski.

4TH DAY SIT INSTRUCTORS: Instructors will be introduced to the basics of independent bi-skiing and then spend the bulk of the clinic with hands-on tethering practice.

2ND YEAR VOLUNTEERS CLINIC DESCRIPTIONS

1ST DAY STAND INSTRUCTORS: Instructors will start with a warmup to work on their own personal skiing. The rest of the clinic will focus on a review of the beginner stand ski/ride progression and will allow for practice with different teaching scenarios. Instructors will learn different ways and approaches to teaching various ski/ride tasks to our participants.

2ND DAY STAND INSTRUCTORS: Instructors will practice with different adaptive stand equipment and teaching assists for participants who stand ski or snowboard.

1ST DAY SIT INSTRUCTORS: Instructors will start with a warmup to work on their own personal skiing. The rest of the clinic will focus on a review of the adaptive equipment and introduction to a beginner bi-ski progression.

2ND DAY SIT INSTRUCTORS: Instructors will practice working with the sit equipment by loading and unloading the chairlift, providing bucket assists, and working on their tethering technique.

3RD+ YEAR VOLUNTEERS CLINIC DESCRIPTIONS

Message to third year volunteers: We are giving you more autonomy this year to choose the two clinics (one AM and one PM clinic) that you are most interested in. The clinics will have a specific focus so that you learn something new on the teaching skills that you want to improve. So, make sure you sign up for two clinics and not just the day that you are available!

Intermediate Lesson: This clinic is designed for 3rd plus year volunteers who have a good understanding for how to teach a beginner lesson but need some ideas of how to teach a student in the intermediate zone. The clinic will focus on ski/snowboarding tasks that the intermediate skier/rider is working on and give the instructor ideas of how to design a progression to achieve those tasks. Instructors will get a chance to do a practice teaching scenario.

Teaching children: This clinic will focus on teaching principles to use when teaching children. It will discuss the CAP model and its role in guiding the learning experience. A large part of the clinic will provide time for volunteers to learn and lead new games that will help teach different ski and snowboard skills and help create fun with children on the slopes.

Bi-Ski Teaching Progressions: This clinic will discuss ski progressions to teach participants to ski independently in the bi-ski. Volunteers will practice skiing the bi-ski and teaching their peers.

Mono-Ski Teaching Progressions: This clinic will focus on ski progressions to teach participants to ski independently in the mono-ski. Volunteers will practice skiing the mono-ski and teaching their peers.

Sit Ski Tethering: This clinic is designed for 3rd year plus volunteers who have tethered before but need more practice to refine their skills. You will work on loading the chairlifts, providing bucket assists, and refining your tethering technique.

Stand adaptations and equipment: This clinic will review the proper technique for using different adaptive stand equipment and allow volunteers to practice using them. This could include tethers, the bamboo pole, the snow slider, and the rider bar.

Tempo Duo Tessier Sit Ski: This clinic will teach volunteers how to use our new Tempo Duo Tessier ski. This ski is designed so that an instructor provides a bucket assist to help the student go down the mountain.

VI Guiding: This clinic will provide instruction for how to guide a VI skier/rider down the mountain and will provide time to practice this skill.