

## **Snowsports Trainer Workshop (STW) for OET Trainer-Evaluators**

### **Requirement for Trainer Evaluator Re-certification**

#### **Winter 2022**

Full day clinic designed to develop OET Instructors' teaching and personal performance skillset. Activities will cover movement analysis with on hill coaching of skiing and toboggan trainer skills. Emphasis will be on instructional strategies, communication, high-quality feedback and fun".

#### Concluding Objectives

- 1) Introduce use of TE handbooks new scoring system, and expectations for Senior Evals.
- 2) Review ADAPT/PISE Feedback. Practice relating feedback to the Senior Standard using Fundamentals
- 3) Incorporating training drills such as Hockey Stop/Pivot Slip and relate them to skiing and toboggan skills.
- 4) Review of Senior skiing and toboggan standards using TE handbook with demos.

#### Warm up runs

- Informal assessment of group skill level and ability
- Objectives of the day; personal evaluation and clinic, use of PSIA and AASI terminology with example of drills, and delivery format for Snowsport and toboggan evaluations
- Introduction to the Fundamentals (See Handbook for Snowboard and Telemark)
  1. Control the relationship of the COM (center of mass) to the base of support through direct pressure along the length of the ski. The base of support is sometimes referred to as the platform you develop with skis.
  2. Control the skis' rotation (turning, pivoting, steering) with leg rotation separate from the upper body. Rotation of the upper body to initiate the turn is a common, but less effective, movement used by beginning and intermediate skiers.
  3. Control edge angle through a combination of inclination and angulation.
  4. Control pressure from ski to ski and direct pressure to the outside ski. Step on the outside ski early, while it is across the fall line, to have better control of turn shape and speed control.
  5. Regulate the magnitude of pressure created through ski/snow interaction.

#### Introduce Short, Medium, and Long Radius turning using the Medium turn

- Senior and TE Standards --- Use of handbook
- Turn size shape and speed control - using feet to control edging and turning
- collapse inside leg by flexing resulting in weight change to outside ski

#### Short radius turns on steep groomed terrain

- Develop turn using Pivot slip to pivot grip
- Turning feet and legs separate from upper body. (Pelvis is part of upper body)
- DIRT

### Use a variety of turns and terrain using progression and DIRT

Short and Medium radius turns on steep and moderate groomed terrain

Long radius turns on moderate and flat groomed terrain

Ungroomed and moguled terrain turns

### Hockey Stop/Pivot Slip as a Training and Feedback Tool

- Assessment of understanding of the Fundamentals through a progression.
- Progression objectives presented by the lead instructor
- Quality of the demo matters

### TE Applies fundamentals to Patroller Skills

- Each participant presents a stage of the progression to the group using one of the 5 Fundamentals they learned or experienced earlier in the day.
- Progression drills on subsequent runs with assessment, coaching and evaluation by the participant so that they demonstrate their teaching skills, and the lead instructor(s) can check for their understanding of the fundamentals.

### Snowplow and Gliding Wedge

- Brake vs glide
- Use the Fundamentals

### Sideslip

- Forward and backward (turning feet to drop tips or tails)
- Falling leaf in and out of fall line
- What are the Fundamentals?

### Transition

- Narrow corridor in the fall line
- Perform with both skis on the snow
- What are the Fundamentals?