

Course Content
For
Snowsport Trainer Workshop (STW)

This outline describes an approach to delivering content for a STW. The STW is used to train, develop, certify and recertify Toboggan Instructors (TI), Senior Trainer/Evaluator Instructors (TE) and TE Instructor Trainers (IT).

Eastern Division Instructor Level Definitions: TIs and TEs differ in both skill level and instruction level. The TI teaches at the patroller level with a primary focus on toboggan handling and the fundamentals that apply to patroller skills or maneuvers to handle empty toboggans, loaded toboggan and the toboggan tail rope. The TI will perform at a level 5 or 6 out of 10. TE trains and evaluates TI and Senior candidates in toboggan handling and are expected to understand and train and evaluate Skiing and Riding fundamentals. The TE will perform at a level 7 out of 10 or higher. ITs oversee the instruction process and certify that instructing objectives are met by TI and TE. ITs perform at a level 7 or higher and are in many cases Certified patrollers performing at a level 8 out of 10 or higher. TE and ITs are certified by Division Steering and Staff ITs. There is not a requirement for Division Staff or Steering to be Certified Patrollers.*

The STW Course outline found below describes a format where OET Instructors participating as students in the STW event meet three objectives:

- 1) Understand PSIA and AASI terminology of the 5 fundamentals of skiing and riding and how they apply to patroller skills and maneuvers used to handle toboggans,
- 2) Experience new content learning and receive personal evaluations of their teaching delivery and skiing / riding performance.
- 3) Receive an overview of skill objectives and a format for delivering a Snowsports Enhancement Seminar (SES) and Senior Skiing / Riding Evaluation (SAEE).

Instructors leading the STW are Division Steering Committee members trained annually by PSIA/AASI educational staff or higher, and PSIA / AASI Level III instructors trained on snow by the Division Supervisor and Steering members on objectives and content for TE and IT certifying and re-certifying. When high level, trained PSIA/AASI instructors are not available at STWs conducted at Division Patroller schools the Division Supervisor will assign a trained Steering Committee member in conducting this workshop.

*Eastern Division policies for reference only.

Morning and Afternoon Sessions

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 drill, and delivery format for skiing and riding portion of Sr. clinics and evaluations
- Introduction to the 5 Fundamentals
 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.

Short radius turns on steep groomed terrain

- Objectives of the Senior evaluation read by a participant.
- Demo and individual feedback by the leading instructor(s)
- Development if a lesson plan based on skier / rider assessment
- Potential practice drills related back one or more of the 5 Fundamentals on subsequent runs based on assessment and progression:
 - Upper lower body separation
 - Leg steering, both legs steering
 - J turns to finish the turn
 - Actively steer and edge the inside ski
- Circle skiing to learn with and evaluate each other
- Synchronized skiing
- Figure 8 skiing

Medium radius turns on steep and moderate groomed terrain

- Objectives of the Senior evaluation read by a participant.
- Demo and individual feedback by the leading instructor(s)
- Development if a lesson plan based on skier / rider assessment
- Potential practice drills related back one or more of the 5 Fundamentals on subsequent runs based on assessment and progression:
 - Garlands across the fall line to show edging of both skis
 - Upper body control through the turn

- Strong inside by raising hip, shoulder and ear
- Whisker turns dragging the inside ski pole for upper body control/alignment/awareness
- 3 count turns holding 2 to stay in the fall line
 - Box turns to stay in the fall line
- Early initiation of turn with weight transfer to the new outside ski at the top of the turn
- 1000 steps for weight transfer to develop pressure management
 - Stepping up with uphill ski and stepping inside while in the fall line
- Actively steer and edge the outside edge of the inside ski
- Steer, edge and collapse the inside ski to develop pressure on both skis
 - Cowboy turns to minimize up movement to initiate turn and make two leg skiing happen
 - On terrain appropriate for skill level, Skate downhill into short, medium, long radius turns
- Circle skiing
- Follow the leader

Long radius turns on moderate and flat groomed terrain

- Objectives of the Senior evaluation read by a participant.
- Demo and individual feedback by the leading instructor(s)
- Development of a lesson plan based on skier / rider assessment
- Potential practice drills related back one or more of the 5 Fundamentals on subsequent runs based on assessment and progression:
 - Rail road track turns
 - 4 count turns holding 2 and 3 to stay in the fall line
 - Initiate turns by rolling of inside leg thigh to create more edge on inside ski
 - Time this movement with weight shift to the outside ski
 - Extra wide stance Cowboy turns with only inside leg movement for turning
 - On terrain appropriate for skill level, Skate downhill into short, medium, long radius turns

Mogul skiing, short radius, on moderate, steep and very steep ungroomed terrain _____

- Assessment of understanding of the 5 Fundamentals through a progression.
- Progression objectives presented by the lead instructor
 - Example progression: Sideslip drills and transitions that lead into skiing the bumps. Objective is to introduce or develop bump skiing
- 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. Location and placement of the maneuver in the mogul field on the mogul is emphasized. Participant experiences reading the terrain and adapting to the terrain through the progression.
 - Sideslip fall line
 - Sideslip with Falling leaf
 - Forward / backward sideslip
 - Sideslip change in direction or Transition* (change in direction using a wedge and stem maneuver) in the fall line through the moguls
 - Sideslip change in direction or Pivot Slip in the fall line through the moguls. (Note difference between conventional stem maneuver and modern pivot slip maneuver for change in direction. Note safety of breaking edge throughout stem maneuver for the most difficult of terrain and hard snow (ice).)
 - Pivot slip and pole plant on the mogul to establish rhythm
 - Absorption of the terrain with flexion and extension.
 - Flex at the top of the mogul and extend down the mogul
 - Fall line short radius turns
 - Slow deliberate rhythm in steep terrain
 - Increase rhythm in moderate terrain