

Education Sessions and Electives

National Academy, Rider Rally, Telemark Academy 2024

Big Sky, Montana

[See the full event schedule.](#)

General Session: All Disciplines

Becoming Inspirational in Your Teaching!: Join Josh Pighetti, Ph.D. candidate, and team members to learn how inspirational instruction is demonstrated by PSIA-AASI National Team members and how it can be incorporated into your own instruction. This session focuses on strategies and characteristics inspirational instructors use to inspire their students to continue pursuing skiing and riding. You will also learn how inspirational strategies and characteristics are connected to the Learning Partnership, the Teaching/Learning Cycle, and PSIA-AASI fundamentals. (Monday, April 15, Missouri Ballroom, 5-6:30 p.m.)

Electives for All

Biomechanics and Equipment Design: Matt Schiller will explore individuals' anatomy, stance, and mobility and address complementary equipment designs and modifications for maximum efficiency on snow. Topics of discussion include range of motion, footbeds, boot stance and flex, fitting, alignment, and ski-binding-boot interface. (Tuesday and Thursday, Dunraven, 2-4 p.m.)

Breakthroughs in Your Performance Using Outriggers: Come explore how a basic adaptive tool can help you find another level within your performance and basic understanding of movement patterns on the hill. (Tuesday afternoon, On-Snow, 1:30-4 p.m.)

Cross Country Ski Elective (skate and classic skiing): [WEATHER DEPENDENT - Interested participants will meet with Emily Lovett on Monday evening outside of the Missouri Ballroom near the registration table to confirm this elective is taking place.] Join Cross Country Team members Emily Lovett and Zeke Fashingbauer for self-propelled fun on Nordic trails. Bring your equipment or rentals available at Gallatin Alpine Sports in Big Sky Town Center. Reserve rentals online at <https://www.gallatinalpinesports.com/winter-rentals>. (Wednesday morning, On Snow)

Explore Different Strategies for Teaching, with Ellen Post Foster: In this interactive indoor clinic, participants work together to develop multiple teaching strategies for engaging students in the learning process. Gone are the days when you have only one way to teach a lesson! (Thursday, Amphitheater, 2-4 p.m.)

Freestyle Multi-discipline: Come and play in the park with this multi-discipline group that is looking to get feedback on those tricks you always wanted. You're bound to have a good time in this fun and safe environment. (Thursday afternoon, On Snow)

Learn to Telemark: This session is perfect for anyone who wants to try Telemark for the first time. Expect to see crossovers from Alpine, Adaptive, and Snowboard Academy. Limited rental equipment will be made available. Please email Team member Jim Shaw at jshaw@rkymtnhi.com in advance to reserve equipment. Runs concurrently with **Teaching Beginner Telemark** (Wednesday morning, On Snow)

Standards and Alignment, with Pete Allison and Angelo Ross: Are you training staff in your home area? Training for your own certification or specialist event? Working with others on their professional development? The processes, languages, and standards have changed since you took your level I, II, or III! Get in the know with National Standards, Performance Guides, Assessment Forms, and our current national strategic alignment initiative. (Tuesday afternoon on snow; Thursday afternoon, on snow)

The Evolution of Telemark: The history and evolution of telemark equipment is a look of into telemark skiing's Past and present. We will have a fully interactive experience. There will be a slide show, bindings and boots to get your hands on all while having an interactive conversation about our history of the gear. (Wednesday 5:00 p.m., Indoors Obsidian)

Using Cardo for Coaching Individuals with Visual Impairments: Join us for a session of exploring technology and communication with Cardo. Find out how to implement a new form of communication in your coaching along with how it benefits individuals with visual impairments. (Thursday afternoon, On Snow, 1:30-4 p.m.)

Adaptive Electives

Breakthroughs in Your Performance Using Outriggers: Come explore with us how a basic adaptive tool can help you find another level within your performance and basic understanding of movement patterns on the hill. (Tuesday afternoon, On-Snow, 1:30-4 p.m.)

Using Cardo for Coaching Individuals with Visual Impairments: Join us for a session exploring technology and communication with Cardo. Find out how to implement a new form of communication in your coaching along with how it benefits individuals with visual impairments. (Thursday afternoon, On Snow, 1:30-4 p.m.)

Alpine Electives

Use this key to get a sense of the pacing and terrain the alpine electives will ski.

Corner 1 – Leisurely pace, on-pisté terrain.

Corner 2 – Moderate pace, on-pisté / light off-piste terrain

Corner 3 – Faster pace, on and off-pisté terrain

Corner 4 – Fastest pace, on and off-pisté terrain

Cardo: Refine your skills with immediate feedback using Cardo communication technology. Learn about the hands-free, wireless outdoor communication device that's perfect for social settings and as a teaching tool. Experience firsthand how to use the Cardo Packtalk system and the benefits it provides to the snowsports industry in this on-snow elective, taught by Cardo team members and group coaches (Tuesday afternoon, On Snow; Wednesday morning, On Snow; Thursday afternoon, On Snow)

CARV: One group will focus on how best to harness the power of Carv, individually, and as a teaching aid. The second group will be for experienced Carv skiers, who want to learn how to get the highest edging and pressure scores, and get to the top of the leaderboard! Kevin Jordan will focus on building outside ski pressure and edge angle throughout the turn. We'll all then link up and rip up the groomers as a group and check out who got the highest score! (Wednesday 9-1, On Snow)

Cruising Groomers: This elective will stay on groomed runs and is designed for those who would like a leisurely pace and moderate terrain. Groups will be divided by speed and ability. Designed for corners 1 & 2 (Tuesday afternoon, On Snow; Wednesday morning, On Snow; Thursday afternoon, On Snow)

Explore Different Strategies for Teaching, with Ellen Post Foster: In this interactive indoor clinic, participants work together to develop multiple teaching strategies for engaging students in the learning process. Gone are the days when you have only one way to teach a lesson! (Thursday, Amphitheater, 2-4 p.m.)

Freestyle Multi-discipline: Come and play in the park with this multi-discipline group that is looking to get feedback on those tricks you always wanted. You're bound to have a good time in this fun and safe environment. (Thursday afternoon, On Snow)

Intro to Bumps/Steeps: Start to develop your Bumps/Steeps skiing skills. This is an "intro" elective designed for corners 1 & 2 (Tuesday afternoon; Wednesday morning; Thursday afternoon, On Snow)

Intro to Freestyle: If the park is not your “go-to” environment, this elective will introduce you to the freestyle world. Get an introduction to park skiing and explore some basic freestyle maneuvers. (Tuesday afternoon, On Snow)

International Ski Instructors Association (ISIA) Technical Speed Test: The ISIA Speed Test is a required component of the ISIA Card certification, the highest international snowsports certification. This event is separate from the Academy and requires [registration](#). Test your racing prowess against qualified pacesetters. Come early to Academy for an optional Race training day on Sunday, April 14. Earn 6 CEUs and hone your racing skills. (Wednesday morning, 9 a.m.)

Eyes on Equipment: This session highlights fundamental skills by applying drills with a focus on equipment and your ability to move efficiently within your setup. Select individual stance and balance assessments to raise instructor IQ for student learning outcomes. With Matt Schiller and Carol Levine. (Wednesday morning, On Snow)

Learn to Telemark/Teach Beginner Telemark Skiing: This session is perfect for anyone who wants to try Telemark for the first time or is interested in how National Team members work a beginner progression. Expect to see crossovers from Alpine, Adaptive, and Snowboard Academy. Limited rental equipment will be made available. Please email Team member Jim Shaw at jshaw@rkytmtnhi.com in advance to reserve equipment. (Wednesday morning, On Snow)

Owning Your Skills and Fundamentals, with Ellen Post Foster: Interactive activities will improve your spin on rotation, slant on edging, and stance on pressure control. This presentation covers both timeless and trending need-to-know information to put a shine on your skiing. (Tuesday, Amphitheater, 2-4 p.m.)

Standards and Alignment, with Pete Allison and Angelo Ross: Are you training staff at your home area? Training for your own certification or specialist event? Working with others on their professional development? The processes, languages, and standards have changed since you took your level I, II, or III! Get in the know with National Standards, Performance Guides, Assessment Forms, and our current national strategic alignment initiative. **Tuesday PM; Thursday PM**

Pattern Breakers: We all have personal tendencies and habits. In this habit-busting elective, you will experience something different from your normal movement pattern and explore possibilities in learning by shaking it up! **Wednesday AM**

Props to Torso Stability: Explore how to develop core/ torso stability to enhance mobility in the lower body. We will use Therabands and homemade “batons” while skiing on groomed terrain to experience firsthand what it takes to create a stable upper body. We will likely stay together as one large group. (Max 20 people). **Wednesday AM**

Ripping Groomers: This elective will stay on the groomed runs and is designed for those who would like higher speeds and steeper runs. Groups will be divided by speed and ability. Designed for corners 3 & 4. **Tuesday PM; Wednesday AM; Thursday PM**

Ripping Steeps and Bumps: Refine your technique and tactics in some of Big Sky's steepest terrain. Designed for corners 3 and 4. **Tuesday PM; Wednesday AM; Thursday PM**

Stance Matters: Explore the principles behind developing a natural and balanced stance while turning. We will investigate how the ankles, knees, hips, and shoulders align to balance against the forces from the snow to aid in creating round parallel turns. Creating a dynamically aligned stance is a cornerstone of great skiing at any speed in all terrain. (Group size 20). **Thursday PM**

The Many Ways to Use Your Poles, with Ellen Post Foster: Have fun and improve your skiing by using your poles in many more ways than just a traditional pole plant. If you tend to bank, rotate your upper body, or struggle to move forward in your turns, these ski pole-related exercises are for you.

Wednesday AM

Women's Cruise Session: Cruise Big Sky with a group of like-minded women. Groups will be divided by speed and ability. Designed for corners 1 & 2. **Thursday PM**

Women's Rip Session: Explore Big Sky with a group of like-minded women. Groups will be divided by speed and ability. Designed for corners 3 & 4. **Thursday PM**

Snowboard Electives

Feature Creatures: Take your skills to the terrain park. Try something new or work on cleaning up an existing trick with feedback from a Team member. **Tuesday**

Freestyle Multi-discipline: Come and play in the park with this multi-discipline group that is looking to get feedback on those tricks you always wanted. You're bound to have a good time in this fun and safe environment. **Thursday**

Lap Coaching Sessions: Take some hot laps in a zone while a Team member posts up and delivers specific feedback on your riding after every run. Lots of reps, direct feedback, and quick improvements. **Tuesday; Thursday**

Mental Mind Magic: Mental mindset techniques include visualization, the power of self-talk, and getting into the flow state. **Thursday**

Shred Show: Spend the morning on snow, capturing video of your riding. We'll use video analysis in the afternoon to deliver feedback and practice movement analysis skills. **Thursday**

Steppin' into Steeps: Gain competence and confidence to ride steeper terrain through riding activities on less steep terrain first. Receive individual feedback and coaching while being challenged with skill-building riding activities to improve your steeps and off-piste riding. **Tuesday; Thursday**

Telemark Electives

All-Mountain Session: These clinics are an opportunity to explore all of the terrain that Big Sky has to offer. Expect to ski a lot of terrain and meet some new challenges. **Tuesday PM; Wednesday AM**

Arc to Arc Telemark: This clinic is all about laying clean lines. Develop your ability to get high-edge angles and rail turns with ease. **Monday PM; Friday AM**

Fundamental Movements for Adaptable Skiing: Develop adaptability and versatility in your skiing by understanding how to adapt your application of Fundamental movements. **Tuesday PM**

Intro to Steeps: This clinic will work on building the skills necessary to explore steeper terrain. Develop movements and tactics to make the steep stuff fun. **Monday PM**

Learn to Telemark: This session is perfect for anyone who wants to try Telemark for the first time. Expect to see crossovers from Alpine, Adaptive, and Snowboard Academy. Limited rental equipment will be made available. Please email Team member Jim Shaw at jshaw@rkymtnhi.com in advance to reserve equipment. Runs concurrently with **Teaching Beginner Telemark** (Wednesday morning, On Snow)

Lessons from Interski: These clinics will be a window into all that the National Team brought back from Interski. Hear how other countries view the sport of Telemark skiing. **Monday PM; Thursday PM**

Ski to Snow Interactions – Mastering Movement Analysis: Go through a working session of video MA and how to effectively implement MA in teaching or exam settings. **Indoors** (Tuesday, Amphitheater, 4-7 p.m.)

Teaching Beginner Telemark: While observing the **Learn to Telemark** elective, get an inside view of how a National Team member teaches first-time Telemark students. **Wednesday AM**

Tele Bumping: There is nothing prettier than a Telemark Skier moving through a bump line! Learn the diversity of skills it takes to move smoothly through any bump line. **Friday AM**

The Evolution of Telemark: The history and evolution of telemark equipment is a look into telemark skiing's Past and present. We will have a fully interactive experience. There will be a slide show, bindings

and boots to get your hands on while having an interactive conversation about our history of the gear.
(Wednesday 5:00 p.m., Indoors Amphitheater)

Advanced Telemark Teaching Progressions: Explore a variety of teaching progressions that you can incorporate into your lessons. **Friday AM**

V.A.P. Clinic (Variations in Application of Pressure): This clinic will challenge your notion of how we use pressure control movements to create varying ski performance. **Thursday PM**

Wedge Christies: The basis of all skiing. Break down good skiing to its core. **Tuesday PM**

Working the Ski: Develop the ability and understanding to get the most performance out of your skis. Whether it's using the side cut or bending the ski, this clinic will help you feel what your skis can really do. **Thursday PM**