

## 2021 XC Academy Day 2 Clinic Topics

### MORNING - CLASSIC

#### Finesse and Power:

Clinician: Zeke Fashingbauer

AM Classic

Description: This is a comprehensive dive into the subtleties of the wax set and how to manage classic push off. How do snow conditions and grip zone preparation affect ski performance? How can we use this knowledge to improve our skiing and share this information with our students?

#### Sample Activities:

- Poleless striding
- Skateboard drills
- Puppies in Space

### Creating a Teaching Framework - Planning Ahead and Adjusting on the Fly

Clinician: Tulie Budiselich

AM Classic

#### Description:

Learn how to create a bombproof lesson plan and how to adjust it based on the skier you see in front of you! We'll explore how to utilize PSIA Teaching Fundamentals and 'shaping' concepts to give you a reliable framework to progressively, and logically build a student centered lesson.

#### Sample Activities:

- Practice identifying the appropriate starting point for your lesson
- Apply Teaching Fundamentals on-snow
- Develop specific, and measurable criteria for each task/approximation
- Learn how to adjust/add approximations as you go so that your student remains a winner

### On the Art of Coaching and Instructing

Clinician: Pete Leonard

AM Classic

#### Description:

'In theory, there is no difference between theory and practice. In practice, there is.' – Yogi Berra

This interactive session will dive into the art of what we do, and how our approach to it can have a greater effect than our technical knowledge. We'll talk about and practice instruction as a performance, knowing when to hold back, when to give more, how we can shape our own mindset and the skier's mindset to enhance their experience and learning, and how we can use their strengths to their advantage.

#### Sample activities:

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- Leg-centric double-poling
- Striding progressions tuned to the skier
- Focusing on the 'can do' instead of the 'can't do'

### **Education Staff Training; PSIA-AASI National Standards and new Assessment Tools**

Clinicians: Emily Lovett and Scotty McGee

AM Classic am & skate pm - full day schedule

Description: Training for active PSIA examiners from all regions. We'll practice using the new assessment form and scoring practical scenarios (assessment activities) for assessing People, Teaching and Technical skills. Debrief after each scoring session to understand and discuss differences in scoring. The goal is to create understanding of how to use the new assessment tools to create consistency in scoring throughout regions.

#### Sample Activities:

- Observe and score people and teaching skills during a teaching scenario
- Observe and score skiing performance scenario
- Group debrief of observations and scoring

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### AFTERNOON - SKATE

#### **Maximum Glide:**

Clinician: Zeke Fashingbauer

PM Skate

#### **Description:**

It's what we all skate for, the big G! We'll work on strategies to maximize our glide and discuss how that affects a skier's performance. How does glide affect other phases of our skiing and can we have too much of a good thing?

#### **Sample Activities:**

- Gliding games
- V-infinity
- Hot skis

#### **Back to the Basics: Body Position and Balance**

Clinician: Pete Leonard

PM Skate

#### **Description:**

'Learn the fundamentals. Know the fundamentals. Master the fundamentals. Do not stray too far from the fundamentals.' Tune into the intelligence of our body's structure and apply it to make skiing more efficient and effective. Sounds simple, right? Well it should be!

#### **Sample Activities:**

- How to move from a static concept to an efficient and effective dynamic movement
- No-pole classic striding, cues, mini-progressions, common errors and feedback.
- V2 skating: be the unicorn

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AM Classic

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- Practice identifying the appropriate starting point for your lesson
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### **Education Staff Training; PSIA-AASI National Standards and new Assessment Tools**

Clinicians: Emily Lovett and Scotty McGee

Full day schedule classic am & skate pm

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#### Sample Activities:

- Observe and score people and teaching skills during a teaching scenario
- Observe and score skiing performance scenario
- Group debrief of observations and scoring