

PSIA-AASI Western Division Level 1 Senior Specialist Schedule

Course Schedules are subject to change due to terrain, weather, crowds, group size, snow conditions, etc. Please use this information as a rough guideline.

Day One - 8:30am-4:00pm

a.m.

1. Indoors, brief meeting. Intro, handouts, clinic outline, goal setting.
2. Warm-up run easy terrain, group stretch.
3. Group split based on strength, ability, and desire to stay with friends.
4. Video one run of all groups.
5. Groups explore common threads of contemporary skiing as applied to seniors (see handout).
6. Clinicians use all aspects of the Learning Connection Model as applied to seniors in this skiing clinic and point those aspects out as they coach.
7. If possible groups get together before lunch for one video run (looking for changes and improvement).
8. If possible the groups review the video during lunch (or at end of the day if necessary).

p.m.

1. Beginner lessons for seniors through wedge turns based on senior teaching model and common threads of contemporary skiing as applied to seniors (see handouts).
2. Teaching wedge Christy levels for seniors based on senior teaching model and common threads of contemporary skiing as applied to seniors.
3. Changing stem Christy and other sequential moves. (Including how to persuade seniors to “buy into” changing their skiing) based on the senior Learning Connection Model and common threads of contemporary skiing as applied to seniors.

indoor “Boots off” indoor session covering:

1. Senior physiology and psychology (manuals).
2. How to set up a program for seniors (manuals).
3. Dryland training for seniors (handout).
4. Equipment discussion questions and answers.
5. Give candidates their teaching assignments for day two.

Day Two - 8:30am-4:00pm

a.m.

1. Brief indoor meeting, outline day.
2. Split into groups.
3. Warm-up run reinforcing day one coaching of their skiing.
4. Review day one teaching based on the Learning Connection Model and common threads of contemporary skiing as applied to seniors.
5. At lunch, answer any questions and review teaching topics for the afternoon.

p.m.

1. Candidates teach to their group on their assigned topic.
2. Clinician should coach after candidates teach or during evaluation if they are having trouble.
3. Clinician makes decisions on accreditation based upon presentation.
4. A “cool down” run and brief wrap up/thank you on the hill.

indoor

1. Candidates fill out feedback sheets
2. One on one wrap up with each candidate.
3. Award ceremony and pin presentation.