



Senior Specialist Foundations revised March 2022

Below are the efficient skiing skills which are important to skiers of all ages, from beginner to expert. In the Senior Specialist program, critical fundamentals and fundamental blends have been focused on to help the instructor when working with the senior client. Keeping these fundamentals in mind is crucial as we work with, demonstrate to, and teach these senior clients, to help them develop their movements and movement patterns to be more efficient skiers. Outcomes will be movements and techniques enabling them to obtain these goals: minimize muscle fatigue, minimize the impact on joints, conserve energy, improve confidence, improve current skills, allow for exploration of more terrain and increase their enjoyment of the mountain experience. The feedback topics on the front of this sheet were developed to help guide you in your pursuit in working with the senior client, to help you continue to develop your own skillset, and because they are critical skills needed in order for the senior skier to reach goals.

Control the relationship of the Center of Mass to the base of support to direct pressure along the length of the skis

Skier is in balance when they can affect any of the skills throughout each turn

- The entire body is involved in balancing
- Flexion and Extension originates in the ankles and is supported by the knees, hips, and spine
- The upper body remains more vertical than the lower body and the shoulders stay level to the horizon or they level out through the turn
- Hands are in front of the body to aid balance
- Vision is directed forward and looking in the intended direction of travel
- Pole swings smoothly in the direction of travel
- The body continues to move forward with the skis throughout the turn
- The upper body remains quiet and disciplined

Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body

Skier turns part of the body and combines with other skills to change direction efficiently

- Turning movements originate in the feet and legs and they turn more than the upper body
- Legs turn underneath a strong/stable torso to guide skis through the turn
- Both skis turn together throughout a parallel turn, with femurs turning in the hip sockets
- Rotary movements of both skis are matched in timing and intensity
- Rotary movements are progressive unless needed to recover balance

Regulate the magnitude of pressure created through ski/snow interaction. Control pressure from ski to ski and direct pressure toward the outside ski

Skier manages pressure providing the element of touch which promotes a smooth ride

- Joints work together to apply and release pressure effectively to flow evenly and smoothly over the terrain
- Skis bend progressively through the turn, with the entire ski length engaged
- Continues to move forward along ski edges throughout the turn
- Flexion and extension of legs changes in response to the terrain and pitch of the slope
- Pressure adjustments are made throughout the turn along the ski and from foot to foot

Control Edge Angles through a Combination of Inclination and Angulation.

Skier uses edging to direct the skis to control turn radius, shape, and speed

- Edges are released and re-engaged in one smooth movement
- Center of mass moves into the direction of the new turn to change edges
- Both skis tip the same amount early in the turn
- Ankles, knees, and hips move forward and laterally to move into the new turn
- The shins make forward and lateral contact with the boot cuffs
- The inside leg shortens as the outside leg lengthens and the skis bend from the middle