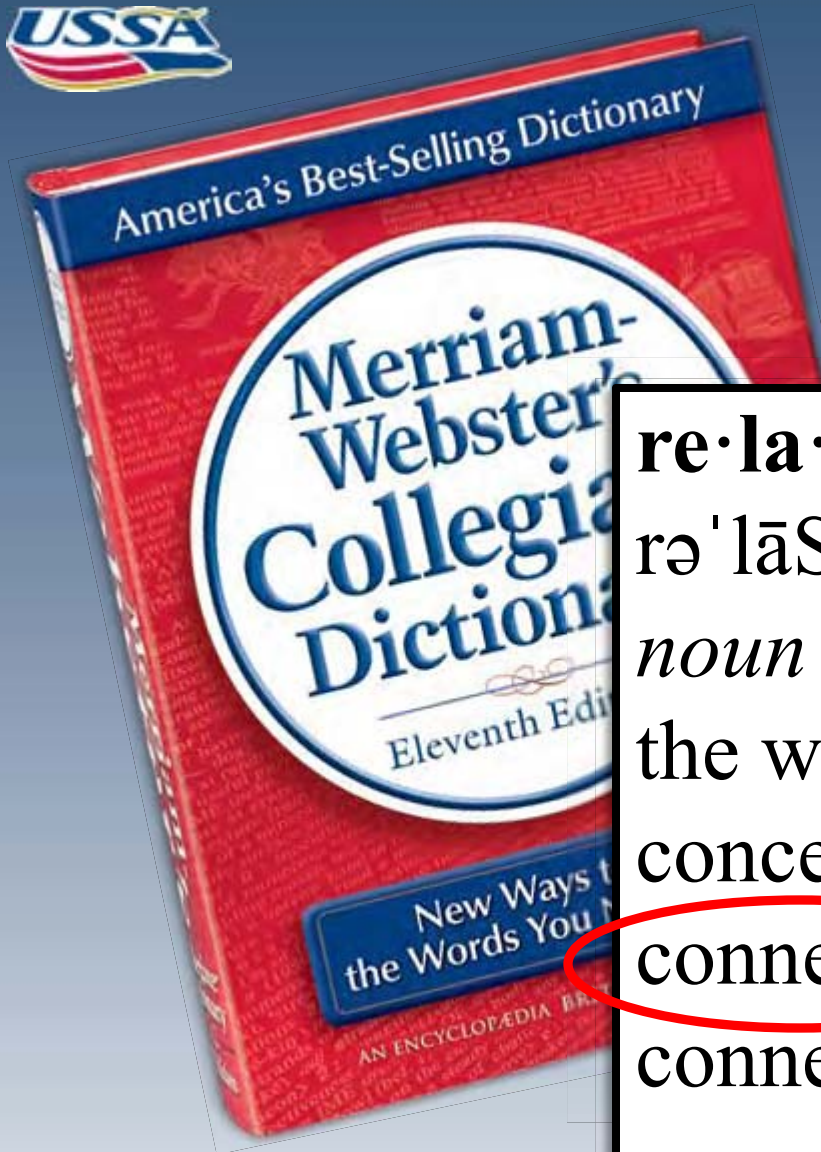




USSA & PSIA-AASI Collaboration and Partnership

Ron Kipp
***USSA Alpine Sport
Education Manager***



re·la·tion·ship

rə'läSH(ə)n, SHip/

noun

the way in which two or more concepts, objects, or people are connected, or the state of being connected.

Park City, Utah



U.S. Ski Team Training Facility



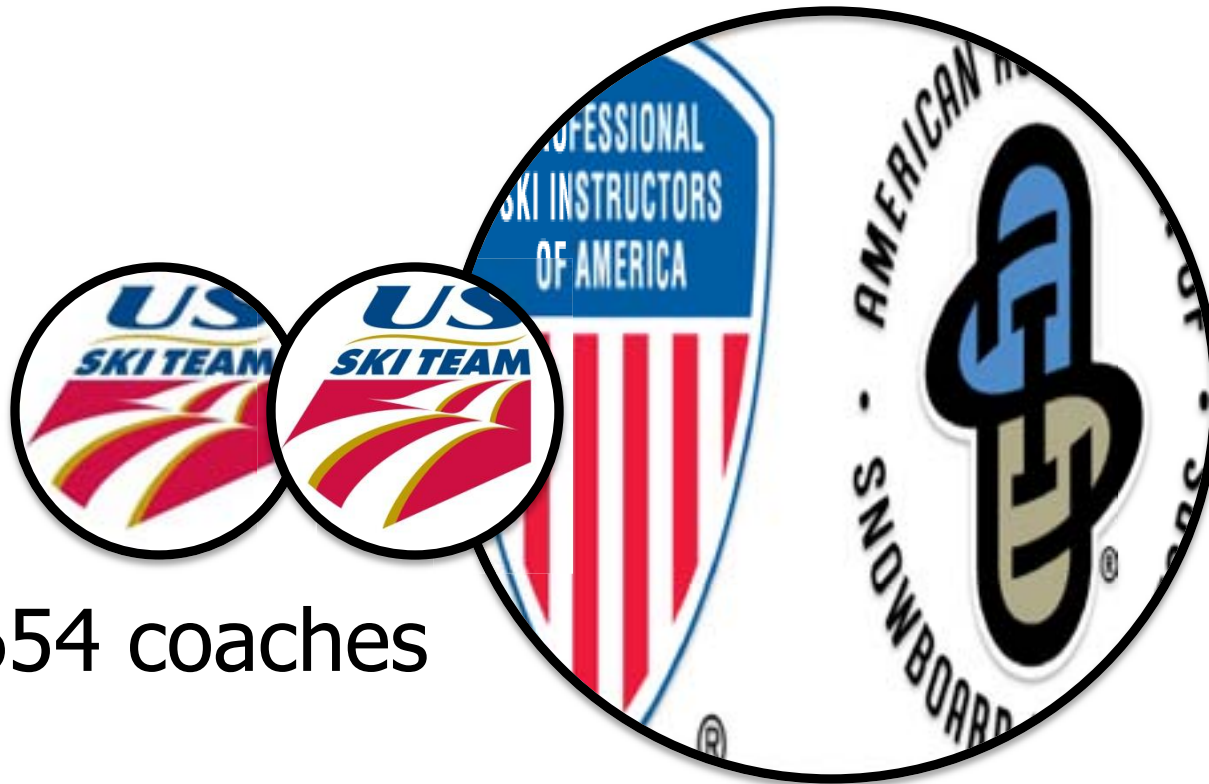


SPORT EDUCATION



USSA Coach Memberships





4,654 coaches

31.5% of USSA members
are coaches
PSIA-AASI members



4,654 coaches

31.5% of USSA
coaches are
PSIA-AASI members

31,744 members





We don't want to reinvent the wheel!



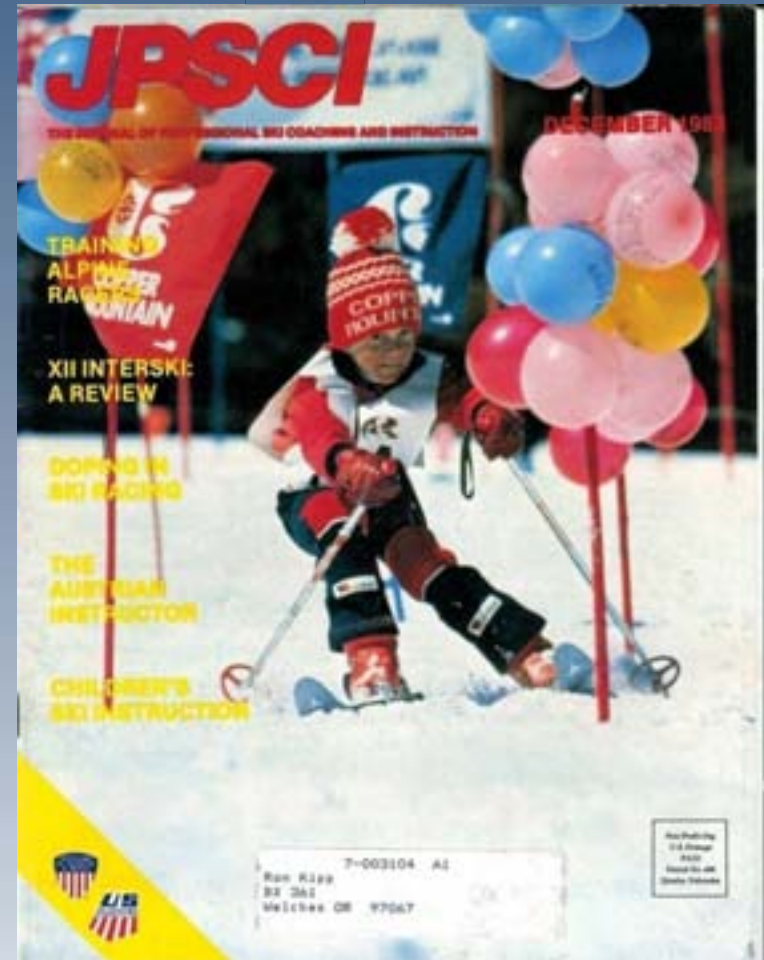


We do have a history...





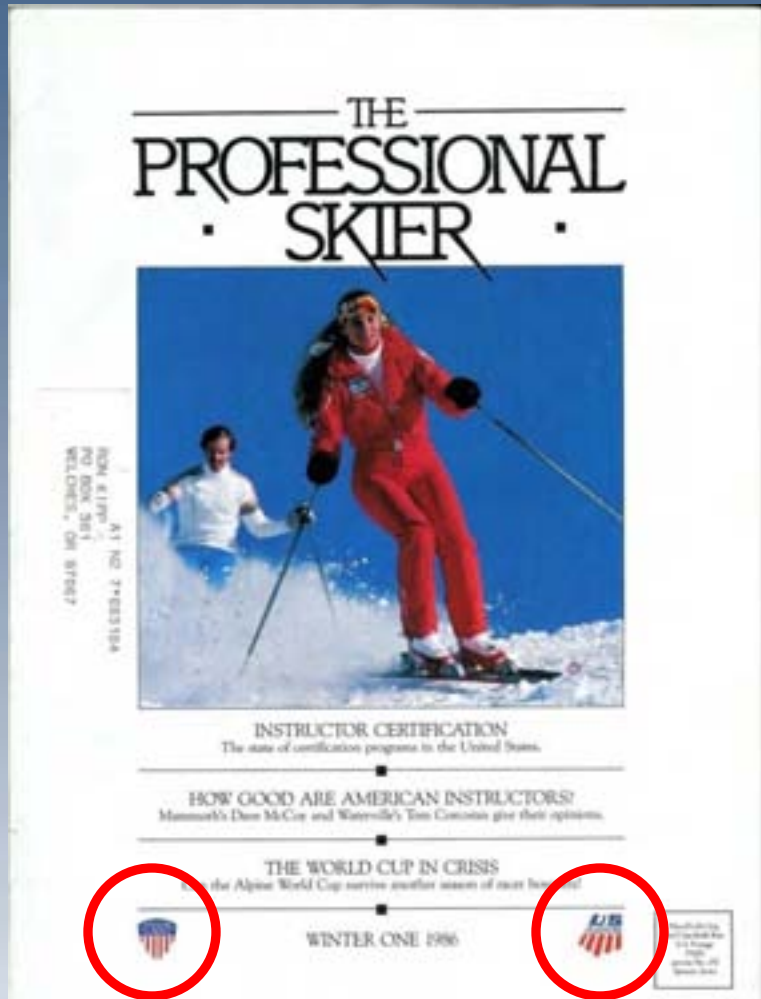
We do have a history...



1983



We do have a history...



to 1995



Where are we now?...





Alpine Ski Fundamentals

LEVEL 100
ALPINE COACHING MANUAL



SPORT EDUCATION
U.S. Ski and Snowboard Association
Sport Education Department

ALPINE TECHNICAL MANUAL



Official publication of
NATIONAL SKI INSTRUCTORS OF AMERICA





**PSIA CERTIFICATION
APRIL, 2014**



PSIA Level III instructors can bypass the on-snow portion of Level 100 and take USSA Level 100 written test

USSA recognizes PSIA-AASI clinics for USSA education credit



PSIA examiners can
train to become:



Working with U.S.S.T. Coaches & Athletes



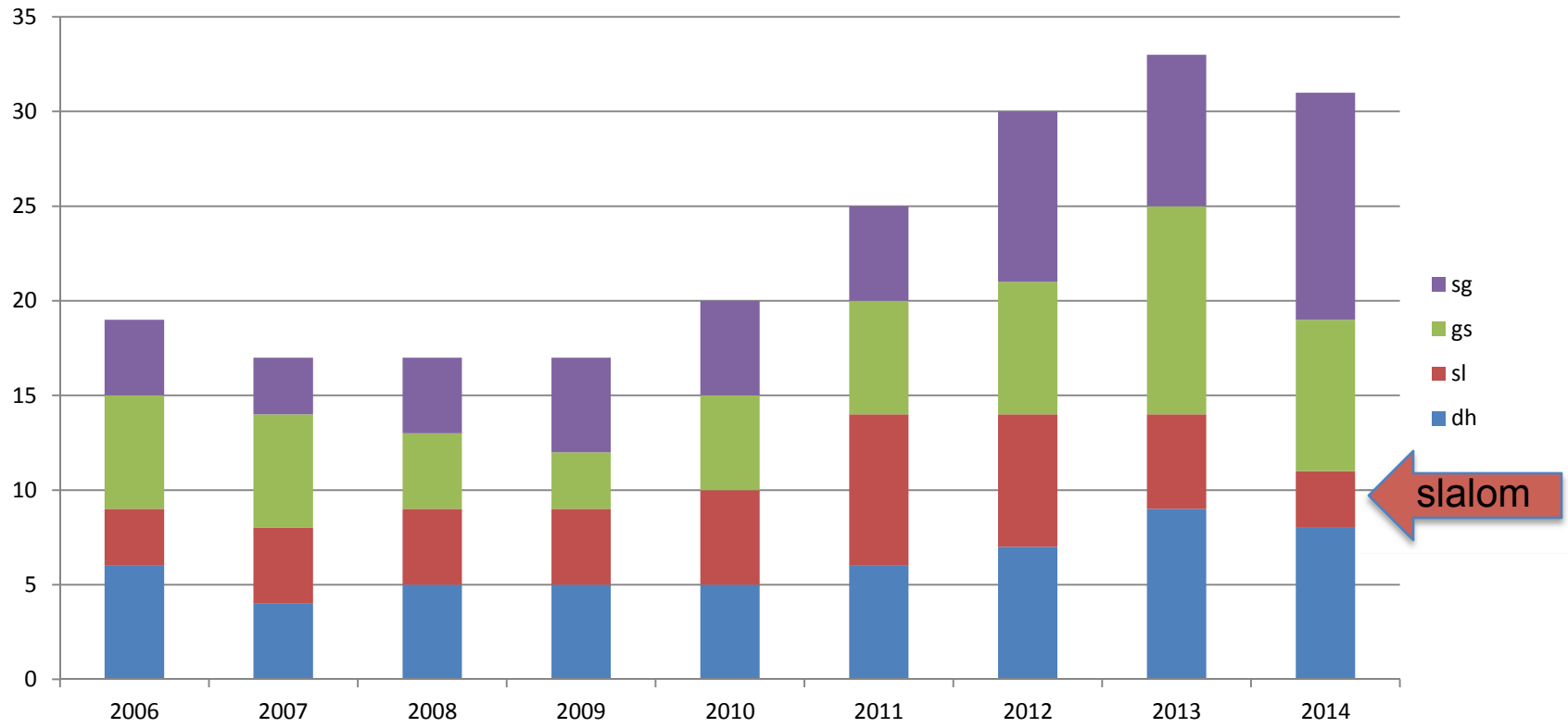
A Slalom Re-Calibration for the USA







Athletes Meeting Performance Band Markers – “Depth Chart”





Men's World Cup Slalom Standing 2014



LAST U.S. WIN
2001!

19 th	<u>CHODOUNSKY David</u>	USA	3 top 10
23 rd	<u>LIGETY Ted</u>	USA	6 podiums

Why?



We are going to figure out the
"fundamentals" of slalom!









MENU VOL + - A SOURCE





MENU - VOL + - < > SOURCE







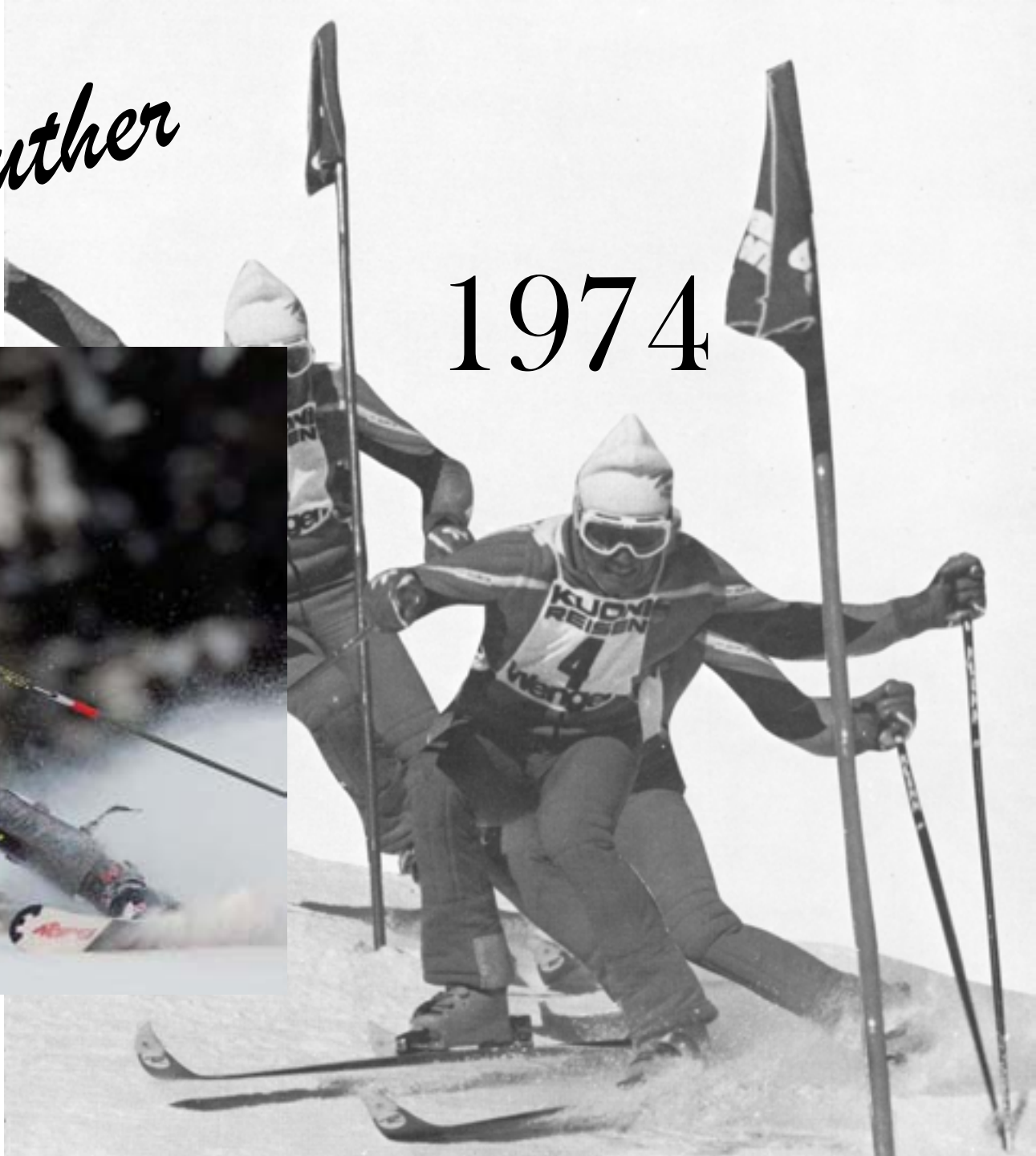


Neureuther

1974



2014

















CoM
SHORTEST
LINE

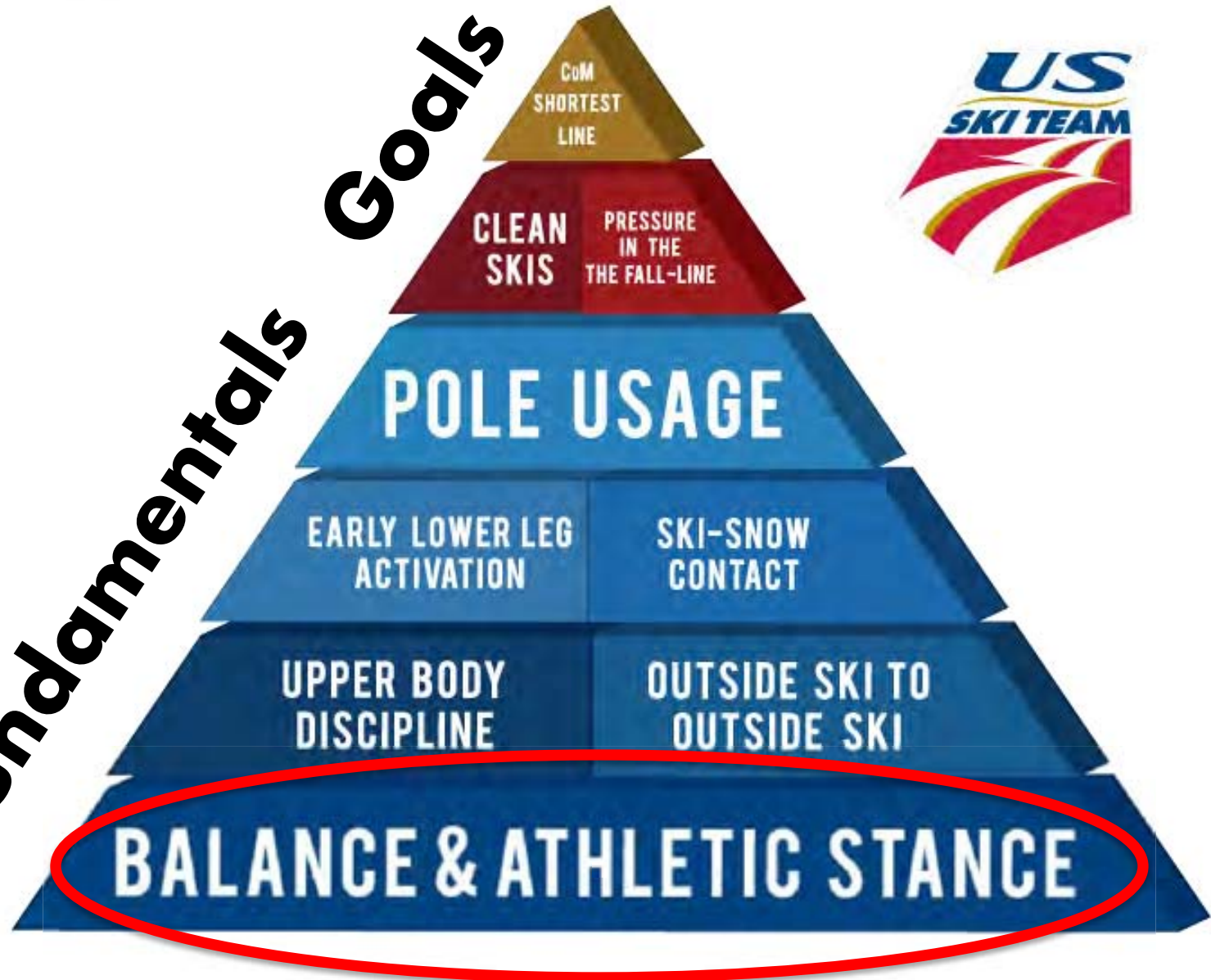
CLEAN
SKIS

PRESSURE
IN THE
THE FALL-LINE





Fundamentals **Goals**





BALANCE & ATHLETIC STANCE





BALANCE & ATHLETIC STANCE

- Athletic width stance
- Separation of upper from lower body
- Separation of arms from torso
- Movements are fluid
- Movements start in the lower body.



Balance is the “ability to move in any direction at any time”





UPPER BODY DISCIPLINE





UPPER BODY DISCIPLINE

- Upper body is actively engaged
- It is the hinge and rotational axis.



“ It must act as an anchor for lower body movements”





OUTSIDE SKI TO OUTSIDE SKI





OUTSIDE SKI TO OUTSIDE SKI



- Requires hip flexion
- Long, extending outside leg
- Inside ski modulates pressure
- Inside ski used to recover balance and turn.

“ Strongest choice ”





EARLY LOWER LEG ACTIVATION





EARLY LOWER LEG ACTIVATION

- Ankle muscles are in tension
- Utilizes the multidirectional aspect of the leg
- Early...from the start of the turn...







SKI SNOW CONTACT





SKI SNOW CONTACT



- Requires control of CoM
- Leg articulation is essential
- Pressure regulation skills are essential.

Ski must be in the snow to turn



POLE USAGE



POLE USAGE

- Plants, swings, touches
- Clearing the gate
- Outrigger.



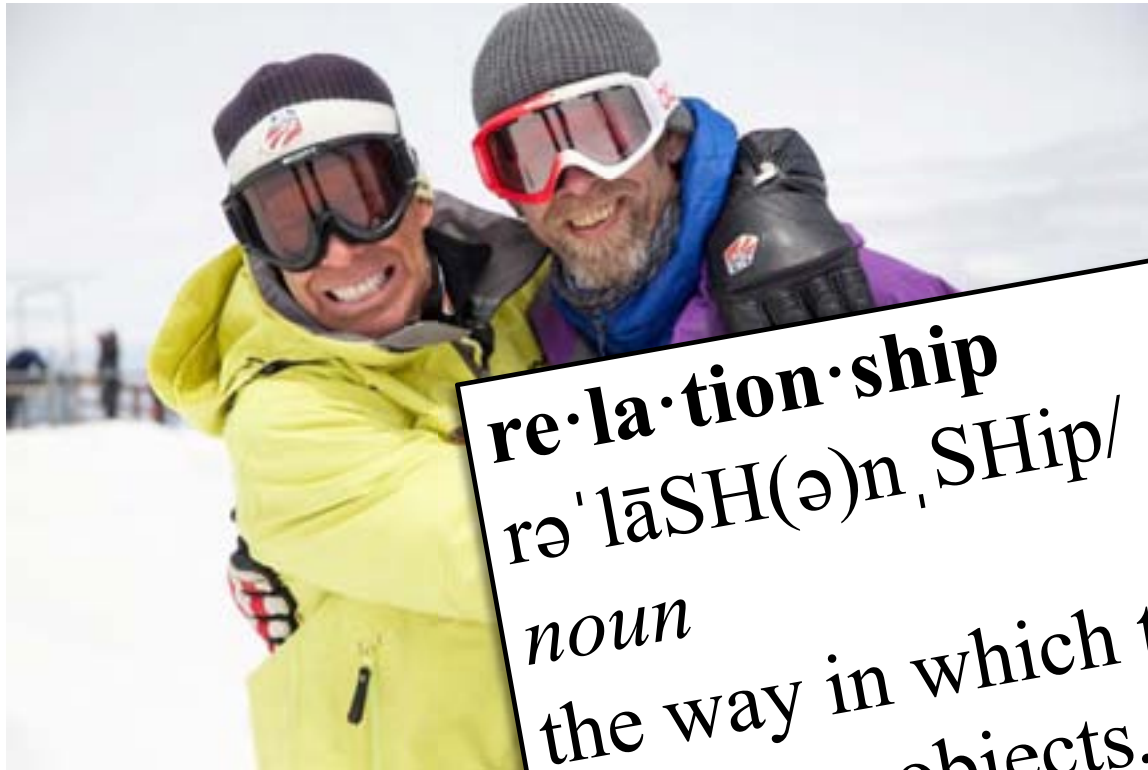




Were to next?...







re·la·tion·ship

rə' lāSH(ə)n, SHip/

noun

the way in which two or more
concepts, objects, or people are
connected, or the state of being
connected.

The End



Thank You

Photo credits:



Getty Images

Megan Harvey Bourke

Lester Keller

Sarah Brunson

Martin Andersen