



FALL SEMINAR

2021

Live Online – Saturday the 23rd of October
Making More Lemonade

MAKING LEMONADE (AGAIN)

With the season starting and COVID still hanging around, we have created fall seminar similar to what you have participated in before....just with a computer and internet connection this time. Come join us for a fun Fall Seminar, and make sure and bring your lemonade (making lemonade out of lemons).

Fall Seminar- Fall 2021 (Zooming Virtual)

Date

23rd October 2021 (Saturday)

Continuing Education Credit (CEU)

6 CEU will be earned

Schedule – All Times Pacific

Start	End	Topic	Zoom Format
9:00am	10:00am	Keynote – Ron Kipp	Webinar
10:00am	10:15am	Break	
10:15am	11:45am	Morning Sessions	Interactive or Lecture
11:45am	12:00pm	Break	
12:00pm	12:45pm	Lunch Panel	Webinar w/ Q&A
12:45pm	1:00pm	Break	
1:00pm	2:30pm	Afternoon Sessions	Interactive or Lecture

Keynote – 9-10am

Analyzing Movement Analysis

What really happens during movement analysis? No really, what really happens? Like in the brain. Is it possible that we are preconditioned to see things that are not really there? If so, then, how do we explain interpolation, when we do see things?

Let's learn how our brain can lead us astray and why the sum of information taken in can be greater than what our eyes actually saw.



Ron Kipp is the Ski Team Education and Development Manager for Squaw Valley | Alpine Meadows Race Team. Prior to that he was the Alpine Sports Education Manager for U.S. Ski & Snowboard. He did his Ph.D. work in Sports Science at the University of Utah prior to working with the U.S. Ski Team's Sport Science Department as Director of Athlete Preparation. He was the Head Physiologist and an Assistant Coach with the U.S. Ski Team's Men's Alpine World Cup Team, and was Assistant Director of Coaches Education for USSA. He has worked with the Norwegian Men's Alpine National Team as an on-hill coach and sport science consultant. For five years he was the Education Manager for PSIA-I (Professional Ski Instructors of America). Ron has written two books, authored or co-authored over 50 scientific published papers, and has given over 100 presentations nationally and internationally on skiing. He is the proud father of Olympian Shalaya Kipp.

Morning Topic Options – 10:15-11:45am

Behavior Management 101 (AM)

Melodie Buell

Toolkits for Successful Learning

Have you ever had a challenging lesson? Maybe your guest was super frustrated? Yelled at you? Tossed their ski? Laid face down in the snow on their snowboard, and wouldn't talk to you? Most likely these are stories you've heard of or experienced. How did you react? Respond? During our time together, we are going to discuss behaviors, our reactions, interactions and how to work on managing both. Bring your questions, curiosities and even a story or two.

At the completion of this interactive session you will have actionable steps and responses to help you keep your guest within a learning space, or come back to.

Children's Movement Analysis (AM)

Michael Birch-Jones

Come and join us to watch video of kids skiing. They will be doing a variety of tasks and drills showing varied levels of ability and development. We will discuss what is reasonable to expect from the movements of their bodies and the outcomes at the ski. Be prepared to participate, have fun and challenge yourself in this hands-on movement analysis session!

At the completion of the session, you will:

- have an understanding of specific stages of growth and development and
- have a better eye to see their movements.

Cross Country Movement Analysis (AM)

Denes Balazs

During this session we will discuss what we look for in both classic and skate technique when observing cross country skiers. We will work on coming up with ways to efficiently describe what we see and how that affects push off, weight transfer and glide.

At the end of this session you will come away with different strategies for looking at cross country skiers and a better eye for seeing their movements.

Lies, More Lies & Numbers on Boot Boxes (AM)

Mark Music

There's a strong correlation between our gear choices and successes (or lack thereof) in the pursuit of our desired outcomes, and we haven't even mentioned our clients yet! Why do we make the choices we make? Marketing? Peer pressure? Price point? And what experiences do we get for our money? Why do we buy new boots 2 weeks before our exam, or conversely, why are we skiing in 20-year-old boots? Is that left footed turn always chattering on hard snow days? Having trouble with one footed movements? What do we look for in our movements that tells us a guest/client, or colleague is struggling because of imbalance? How can we see if it is skills based or gear set up, tune, or choices, or a combination of everything?

Through humor, antidotes from the ski shop, video and real-world experiences, at the completion of the session, you will be able to:

- build a general base of gear, fit, and sizing knowledge to help make us better 'see-ers' in identifying how gear choices influence narratives and desired outcomes for both our guests/students and ourselves

People Skills Experience (AM)

Jenn Lockwood

How would you describe an instructor with strong people skills?

Good people skills are defined as the ability to listen, to communicate and to relate to others on a personal or professional level. It can also include problem-solving abilities, empathy for others and a willingness to work together toward a common goal. You will be provided opportunities to engage with the People Skills intellectually, creatively, emotionally, socially and collaboratively as we “learn by doing.” Using activities and our own experiences to reflect upon, we will work to grow ourselves as instructors by gaining a better understanding, recognition and application of how the people skills aid us in building learning connections with our students in ways that are measurable, observable and coachable.

At the end of the session you will be

- more familiar with the Learning Connection Model
- how the people skills work within the model & why they are important
- understand how they are what we do in building our connection with our students

Ski Performance vs. Ski Performance (AM)

Marc Schanfarber

An exploration of what "Ski Performance" means. Two different definitions, one is about how the ski performs on the snow, the other is what the specific ski is designed to do. When we're prompted to "get more performance" out of the ski, what does that mean? We'll answer that and more going through these concepts.

At the completion of the course, you will be able to:

- differentiate between what the ski does on the snow and what the purpose of a specific ski is
- share that difference with others, and
- share what it means to maximize the built-in performance of the ski

Snowboard Skill Blending (AM)

Kelly Howle

Get winter ready with a refresh on the snowboard fundamentals with a movement analysis twist. Using real NW riders on video, look for movements that cause effective and ineffective skill blending.

At the end of the session, you will be able to:

- Identify key issues in skill blending, especially as it pertains to different exam tasks.
- Use each of the six fundamentals to identify and relate both effective and ineffective movements that sometimes occur.
- Connect the importance of blending movements as they relate to Timing-Intensity-Duration (TID) and the ranges of motion (ROM).

Watch Your Mouth (AM)

Brian Feucht

Limited vocabulary is a tool to hone our abilities to describe tool-snow interaction and how our body movements impact that interaction. By agreeing to a limited set of language, we can practice using that language in a precise and concise way. The observation, evaluation, and prescription framework is a great way to exercise this limited vocabulary. Together they work to create a process which will set us up to be successful using movement analysis in exams, tryouts, and most importantly with our students.

At the end of the session you will be able to:

- Concisely and accurately describe snow tool interaction and body movements
- Describe how fundamentals tie body movements to snow tool interaction
- Use a limited vocabulary to practice the observation, evaluation, and prescription framework

Afternoon Topic Options – 1-2:45pm

The Bubble: Family, Mixed Ages & Ability Lessons (PM)

Mike Douglas

In this session we will look at ways to create a lesson plan for groups who include students of multiple levels, ages and potentially even disciplines. We will use break outs to discuss how we would manage prescribed scenarios and come up with lesson plans to be shared out at the end of the session.

At the completion of the session you will:

- Have the ability to create and fulfill a lesson plan that will create a fun and productive lesson for groups with mixed levels and ages.

Efficient Body Movements in Cross Country (PM)

Denes Balazs

During this session we will look at a few joints and body parts and how moving them certain ways can help in efficient cross country skiing.

At the completion of the session you will:

- be more familiar with controlling body movements to enhance push off, weight transfer, glide.

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Physical Conditioning: Enhance Your Snowsports Performance, Instruction & Health (PM)

Jenn Lockwood

Come and EXPERIENCE a snowsport conditioning workout designed for snowsports instructors, of all ages and fitness levels, that will enhance your on-snow performance.

LEARN by DOING: develop and improve the movements necessary for efficient skiing or riding when OFF the snow, so you maximize your training ON the snow.

This session will help you have better proprioceptive awareness, balance in motion, enhanced coordination and minimized risk of injury.

At the completion of the session, you will:

- have experienced a FUN snowsport-specific workout with efficient & effective timing
- better understand the importance of cognitive development in learning snowsport specific movements on dryland (skill development)
- the benefits of snowsport-specific conditioning components.

Ready to Grow? Let's Start Goal-ing (PM)

Katie Feucht

Ready to harness your stoke for the upcoming season? During this session, we will cover a brief introduction on the foundation of establishing productive goals. You will then walk through a series of exercises to think about and document your instructor goals across all areas of the Learning Connection Model - Technical, Teaching, and People skills. This session is for all instructors whether you are preparing for an exam or a veteran instructor.

At the completion of the session you will:

- Understand a framework for setting actionable goals and,
- Have documented at least one technical, teaching, and people skills goal for the upcoming season.

Senior Movement Analysis (PM)

Michael Birch-Jones

As our clients and fellow instructors move into their retirement years how will we keep them sliding on the mountain? Whether you are grappling with this question for yourself or your clients come and join us. We will look at a variety of video clips of seniors and instructors skiing and talk about low impact approaches to longevity on the mountain (we will be using skiing videos, the common movements and themes with the client would relate to any discipline).

At the completion of the session, you will:

- Have an understanding of applying skeletal alignment to reduce fatigue, and
- Have a better eye to see movements and tool/snow interaction.

Teaching to Guests with Autism Spectrum Disorder (PM)

Melodie Buell

Have you ever had a guest you felt like you couldn't connect with? Maybe they said thank you with little to no tonal change? Maybe they took every instruction you offered literally? Maybe you left the lesson feeling a little deflated? In this session, we will look at successful strategies when you have a guest that might have Autism Spectrum Disorder (ASD), or present with, including how your awareness and needs within the lesson impact your guests experience too. This seminar is open to all disciplines and will be tailored based on the needs of the group and guests who are seeking lessons with in a conventional ski and ride school.

At the end of the session, you will have gained a better understanding of how to cultivate a progressive learning experience for your guest, focusing on how you can adapt to their needs.

Telemark Skiing & Lead Change (PM)

Marc Schanfarber

The changing of the lead in telemark is what differentiates it from other disciplines. Just what is the lead change and how does it occur? How we perform this process can affect all of the other skills of telemark skiing. Let's explore the different ways we can perform this and when each may be appropriate.

At the end of the session, you will:

- be able to define the lead change and
- have an understanding of when the various methods of performing the lead change might be most appropriate.

Understanding the Updated Snowboard Standards (PM)

Kelly Howle

The updated national standards for snowboarding are here! What is different you wonder? Or maybe you're wondering what is a learning outcome, assessment criteria? Let's talk about how the standards will help improve your lessons, and your riding. Bring all your questions and we will have all the answers.

At the end of the session, you will understand:

- how to use the snowboard certification standards
- how to navigate the Learning Outcomes and Assessment Criteria
- why People Skills will improve your teaching AND your riding