



SPRING FLING 2023

Live Online – Saturday the 6th of May

Come hear about the Interski experience and the national team's takeaways during the keynote. Virtual so we have more sessions and include all of us throughout the region, regardless of where we live. Look forward to "seeing" you there on Saturday the 6th of May.

Spring Fling – Fall 2023 (Virtual)

Date

6th May 2023 (Saturday)

Continuing Education Credit (CEU)

6 CEU will be earned

Schedule – All Times Pacific

Start	End	Topic	Zoom Format
9:00am	10:00am	Keynote – Interski 2023 – The Experience	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: 9:00-10:00 AM

Interski 2023 - Levi Finland

During this keynote, we will hear from a national team member about the team's experience at [Interski](#), and what the PSIA-AASI team took away from it all. Since Interski sold out, this is the next best thing if you weren't able to attend.

Morning Topic Options: 10:15- 11:45 AM

5 Things Advanced Skiers Do that No One Else Does (AM) – Alpine

Jeff Johnson

After 10 years of doing video MA, we have noticed trends that certified level 3 skiers do that other skiers don't do. In this session, we will look at 5 movement patterns that you need to master to help you become an expert skier.

Don't Go into Summer Hibernation (AM) – Snowboard

Kelly Howle

Keep moving to help you get stronger and more mobile for next season. We'll cover problem areas of movement and give your real exercises to help fix them. Come back for the PM session to see how newfound body awareness can help with common Level 2 riding problems.

INTERSKI – Perspectives from a Participants Viewpoint (AM) – Alpine

Michael Drake

INTERSKIs happen every 4 years, as a get together of snowsport instructors from all corners of the globe to share, swap notes and mutually develop our sport. Whereas each member country is represented by its respective Demo Team, the event has a long tradition of embracing participation with general membership/professional ski and snowboard instructors of the member countries. That means you and me. For this talk, I will share observations as a participant of the most recent INTERSKI in Finland, as well as include some added notes and perspectives of the three INTERSKIs before it.

Snapshots from the World Cup: A Comparison of Diagonal Stride Technique Between 2 of the Nordic Superpowers (AM) – Cross Country

Michael Browder

Snapshots from the World Cup: A comparison of diagonal stride technique between 2 of the Nordic superpowers. We will analyze the high-end techniques using PSIA cross country concepts. The purpose of this talk will be two-fold:

1. To explore how the best of the best deliberately have different thoughts/ideas about technique
2. To use a discussion of World Cup technique as a vehicle for utilizing the PSIA technical model and related ideas showing their relevance at any level.
3. As a bonus, to conclude, we take a brief look at high end V1 skating technique.

Skiing 3-Dimensionally – Exploring Plans of Motion in Alpine Skiing (AM) – Alpine

Dave Rowe

Are you interested in improving your understanding of how our anatomy moves in Alpine skiing? This session examines how planes of motion can help us organize and improve our understanding of the Skills Concept, the Alpine fundamentals and skill blending through the beginner, intermediate and advanced zones.

Summer Athletic Conditioning for Skiing (AM) – Alpine

Jenn Lockwood

Ski season is over, summer is on its' way. Discover why and how you should be training throughout the summer to prepare for next ski season.

In this clinic you will:

- Experience a summer strength training program for skiers what, why, how, and when. Learn by DOING!
- Discover why summer athletic conditioning is essential for motor learning.
- Review and develop a deeper understanding of three stages of motor learning and how moving through these stages through summer and fall can benefit you on your first day on the snow.
- Connect fitness and athletic conditioning movements that help develop and strengthen specific body movements that directly affect ski performance.

Lunch Panel: 12:00- 12:45 PM

Discipline Leads

Come hear from our discipline leads on what is going on nationally.

Afternoon Topic Options: 1:00- 2:30 PM

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Children's Real & Ideal Movements (PM) – Alpine

Jenn Lockwood

Children's lessons make up over 70% of ski schools lessons. Ideal movements provide us a goal to coach our students performance toward, however, depending on a student's stage of development the ideal may not be a realistic goal. Fine-tune your eye to have a clear ideal image and an understanding of what realistic children's movements look like, too. Plan to participate in a hands-on movement analysis session. In this clinic you will learn and experience three things:

1. Improved understanding of the CAP Model: Physical Domain & how it can benefit your children's lessons
2. What are children's REAL movements vs Ideal Movements
3. View children's skiing video vs "ideal" movement video

Evolution of Skiing over the Last 100 Years (PM) – Cross Country

Mike Browder

Come back in time to see how cross-country technique has evolved since the first winter Olympics in Chamonix nearly 100 years ago. We will look at videos of skiing during the Olympics and World Championships to see how technique has evolved.

Movement Analysis & Ski Racing – How the 5 Fundamentals Apply (PM) – Alpine

Michael Drake

Let's have some fun looking at some racing, with an eye toward practicing some Movement Analysis skills. So sure, racing at speed can be a blur, but the beauty of video is the stop action, where we can see and discuss that solid fundamentals make for great looking skiing. It's all there let's take a look.

Through Video Movement Analysis (PM) – Snowboard

Kelly Howle

Identify key Level 2 riding movements and the cause-and-effect relationship with both snowboard performance and the desired outcome on snow. Pulling from the AM session, work on real-time body awareness drills so you can your pass your exam next year!

Transition Strategies – Different Way to Turn Both Ways (PM) – Alpine

Dave Rowe

Are you working on becoming a more versatile and adaptable Alpine skier? This session explores different tactics to initiate turns depending on terrain, conditions, and desired ski performance.