



**PSIA AASI**

N O R T H W E S T

## Fall November Training 2016 – Movement Analysis

Technical Team – Garth McPhie, Scott Weimer, Rick Lyons and Brad Jacobson

### Evaluation - Phase 1

Collaborate on relating observed ski performance and observed fundamentals.

Video 1


Video 2


Video 3


### Evaluation - Phase 2

Compare desired outcome to observed outcome - "Real vs Ideal".

Is the desired outcome achieved?

Video 1


Video 2


Video 3




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### Prescription

Create a simple prescription that includes:

- The observed ski behavior.
- Desired ski performance.
- Desired body movements.
- The Fundamental that the prescription addresses and how it addresses it, related to the desired ski performance.

Video 1


Video 2


Video 3

