



Parent Race Clinic

Keystone: March 3, 2012

9:00am-3:00pm

\$85/person

Register: Jamie@TeamSummit.org

Course Description:

Ski Racing is a great ancillary method to enhance and develop alpine skiing skills. The goal of this clinic is to give parents a better understanding of ski racing and the benefits of incorporating it into their family's life. This course will teach the technique of ski racing through terms and models used by PSIA and basic tactics will be taught by introducing the parent to concepts used by USSA and the US Ski Team. In effort to help the attendee remain comfortable, the group will learn drills and exercises that relate to ski racing and skill acquisition and improvement through drills and exercises while also using equipment such as Whisker gates and drill courses.

The ultimate goal of this clinic is to share what the coaches work on with your children and improve your skiing skills to help make sure you will be a threat in the Parent/Athlete race!

Course Outcomes:

- Understand how Racing can assist in overall skill development
- Get experience skiing a standard GS style race course and receive feedback on your own skiing

Sample Activities:

- Discuss and explore ski racing based drills and exercises to help bridge the gap between all-mountain skiing and racing.
- Develop a basic understanding of the fundamental skills of skiing
- Develop a basic understanding of the fundamental skills of racing
- Course Running with feedback

Materials Needed:

- Helmet



Outline- subject to change

- **9:00am Meet on Second Floor of Mountain House**
 - *Discuss the days Training Schedule*
 - *Discuss group rules*
- **9:15am Load Lift**
- **9:30am Drills and drill based sets on Richter**
 - *Free ski drills(Only based on below)*
 - *Skills concept*
 - *Rotary and Pole use (Turning movements)*
 - *Edging and Pole use (Lateral movements)*
 - *Pressure and Pole use (Flexing, Extending, and Lateral pressure control movements)*
 - *Technical Brush sets (to build on above concepts)*
 - *Corridor set*
 - *Pivot Slips*
 - *Side Slips*
 - *Picket Fence set*
 - *Thousand step set or hopper poles*
- **11:00am Concepts of line and turn-shape**
 - *Tri or Bi Brush course*
 - *Bi brush with gate*
 - *Rise-line concept*
 - *Apex concept*
- **12:00pm Lunch Break**
- **12:45pm Load Lift**
- **1:30pm Gate training with helpers**
- **2:15pm Gate training with-out helpers (Oh boy!)**
- **3:00 Clinic ends**