

GPAS Early Season Dry land Training Schedule
Saturday and Sunday
September 18 & 19, 2010

Saturday, 9/18/10

9:00-12:00

ATS (American Teaching System from PSIA)– An introduction of basic ski instructor terminology, concepts, and teaching methods. The building blocks for all instructors.

1:00-4:00

Movement Analysis – utilizing the concepts of ATS and applying it to the art of analyzing efficient and inefficient skiing movements. An introduction of a generic movement analysis process utilizing video of able bodied and adaptive skiers.

4:30-6:30

Equipment Maintenance – An in-depth round table session for the equipment folks and the instructors that need to know! Mono ski binding placement, routine maintenance, slider/mono ski modifications

Sunday 9/19/10

9:00-12:00

3 Track/4Track Assessment and Set-up – An introduction to the process of assessment and how to match your student with the correct equipment for a successful lesson. Covering cants, outriggers, slider and other less obtrusive options.

1:00-4:00

Mono Ski Assessment and Fitting- The ABC's of starting your mono skier out correctly.