



2019 Adapted Ski and Ride Summit

Adapted Ski and Snowboard Summer Training Camp for Instructors

REGISTER NOW! June 3-7, 2019 REGISTER NOW!

The Adapted Ski and Ride Summit is a unique training opportunity for volunteer and professional instructors of any experience level to ski, ride and learn with nationally acclaimed presenters at one of the world's best summer snowsports training venues. The Summit provides networking opportunities, hands-on learning in a fun and supportive atmosphere, and exploration of innovative equipment and teaching methods to apply in your lessons or training programs next winter.

The Summit offers five mornings of on-snow clinics covering teaching and technical aspects of adapted snowsports from breakthrough technology to effectively teaching all types of learners. New this year is a 4-day TetraSki workshop focused on teaching and tethering the new joystick or Sip and Puff controlled biski that allows skiers with complex disabilities to control their turn shape and speed. Afternoon workshops highlight topics best covered off-snow and are followed by time for waterfall hikes or casually sipping a glass of wine on the lodge porch.

The Summit is an amazing experience. Something here for everyone! – Ann, Summit attendee

- HOSTED BY:** Beth Fox and Padraig's Place
Featuring nationally acclaimed presenters
- WHEN:** June 3-7, 2019 (Arrive June 2nd evening)
- WHERE:** Timberline Lodge Ski Area, Government Camp, Oregon, USA
- WHO:** Ski and Ride Instructors, Non-Profit Program and Resort School Managers, Volunteers and Pros*
- FEE:** \$649 – Full Week. Register by March 15, 2018
\$750 – Late Registration. Full Week. Register by April 15, 2018
\$130 – Single Day. No Lodging or Meals
- INCLUDES:** Lodging Sunday- Friday morning check-out, two meals per day Monday - Thursday and breakfast Friday, clinic fees, and daily tickets. Kitchen available at the lodge for cooking dinners.
- TO REGISTER:** Call Beth Fox at 970-531-2899 or email: bfoxblizzard@gmail.com



SPACE IS LIMITED TO 24 ATTENDEES. SIGN UP NOW TO SECURE YOUR SPOT!

Attendees should have at least strong intermediate skiing or riding skills and able to safely navigate harder blue and blue/black terrain in firm or soft conditions.

*Contact your PSIA Division to request clinic credit for attending this event.

Daily Details:

6:45 AM Breakfast

7:30 AM On-snow morning clinics

12:30 PM Lunch

2:30 PM Off-snow optional afternoon clinics

Afternoons/evenings — hike, bike, golf, fish, explore, engage in good discussions with your adapted sports colleagues, cook your own dinner at the lodge or visit a local restaurant.

PREREQUISITE TO PARTICIPATE:

Strong intermediate skiing or riding skills and ability to load/unload chairlifts unassisted or with minimal help.

PRESENTERS:

Beth Fox, PSIA Educator, Author, International Presenter

Barbara Szwebel, PSIA Educator, Vail Adaptive Program Director

Dr. Jeff Rosenbluth, MD, Rehabilitation Physician, University of Utah

COURSES:**Monday, June 3 – Friday, June 7, 2019****AM Clinic:** TetraSki Instructor Training Workshop: 5-day focus

Describer: This five-day course will provide an in-depth training for instructors to help individuals with complex physical disabilities participate in sports requiring fast and precise control inputs. The TetraSki is the world's first alpine ski to provide independent turning and speed variability through joystick and/or breath control system use. Skiers with even the most complex physical disabilities can operate the TetraSki safely and with a high degree of performance. Instructors will learn about TetraSki systems and gain practical experience in seating for safety and functionality, chairlift loading and unloading, teaching progressions and tethering for safety. Small class size and multiple devices allow workshop participants extensive hands-on ski time to discover how the TetraSki opens new opportunities for individuals with complex disabilities and how to facilitate safe instruction.*

Attendee Learning Outcomes:

1. Describe the mechanics of the TetraSki and the options it provides for individuals with extensive paralysis.
2. Perform an assessment process and set-ups for safe and effective seating.
3. Describe TetraSki safety features to maintain direction and control.
4. Apply knowledge of the universal controller device to various user profiles in lesson situations.
5. Gain practical experience to serve as a qualified TetraSki lesson instructor.

PM Workshops: See below for PM Workshops offered at the Summit.

*Learn more about the TetraSki and the equipment lend and share program at www.tetradapt.us.

Monday, June 3, 2019**AM Clinic:** Tweens, Teens and Everything in Their Adapted Snowsports Scene

Describer: In this smile-producing session we'll explore how kids think, move, and why they may behave as they do. You will come away from this interactive clinic with youth and teen development insights, learning activities, and ideas about how you can better relate to children and teens with vision or hearing loss, physical diagnoses or intellectual disabilities while providing them with a safe and fun learning experience on the mountain.

Attendee Learning Outcomes:

1. Recognize aspects of child development based upon the CAP model.
2. Create and implement games and activities to support skill development in children with various diagnoses.
3. Recognize and effectively address various types of behavior.

OR**AM Clinic:** Base Camp: Alpine Fundamentals for Personal Skiing Skill Expansion

Describer: Instructors often short change themselves when it comes to taking time to further develop their own skiing skills. This session provides the opportunity to better understand PSIA's alpine skiing fundamentals and how to apply them in your own skiing. You will get lots of vertical in this session while receiving feedback from group partners and the presenter. Expansion of your ski knowledge and skills will act as your base camp as you ski and teach next season.

Attendee Learning Outcomes:

1. Cite PSIA's alpine fundamental movements of skiing.
2. Demonstrate a variety of drills and exercises that address your movement needs.
3. Implement the fundamental movements when skiing varying terrain and conditions.

PM Workshop: Understanding Spinal Cord Injury

Describer: Join Dr. Jeff Rosenbluth for this relaxed but highly informative session on spinal cord injury, the rehabilitation process and nuances of the diagnosis that influence snowsports lessons. Information gained is sure to drive conversation and idea exchange amongst Summit attendees throughout the week and provide a strong base of knowledge for your lessons next winter.

Tuesday, June 4, 2019

AM Clinic: Biski A to Z: Teaching and Tethering I

Describer: Biskis and dualskis accommodate a large group of users and include guests with a wide range of cognitive or physical diagnoses or a combination of both. In this session we will review the attributes of several biski and dual ski models, determine which offers the best alternative based upon the needs and goals of the guest, and investigate skill development activities that encourage the guest to be active and engaged during their time on the slope. Attendees are not required to tether or ski in the biski or dual ski if they choose not to do so.

Attendee Learning Outcomes:

1. Perform an assessment to determine cognitive, affective and physical strengths of the guest.
2. Identify characteristics of biskis and dual skis that match the needs of various guest profiles.
3. Demonstrate activities that promote guest skill development in biskiing or dualskiing.

OR

AM Clinic: Convergence: Where Teaching and Guiding Meet for Skiers with Low or No Vision

Describer: Is it possible to be just a guide or only an instructor of a guest with low or no vision? At times you must be both and this session will investigate where the two responsibilities converge and how to best meet the safety, learning and slope time expectations of all involved in this snowsports partnership.

Attendee Learning Outcomes:

1. Describe aspects of effective learning partnerships between guests and instructor-guides.
2. Identify learning preferences of the guest.
3. Use a variety of systems to effectively communicate guiding cues and skill development information to the guest.

PM Workshop: Sit Ski Savvy

Describer: Chris Gilbert from Enabling Technologies will lead this session highlighting the design background and function of componentry in various biski and monoski models. You will have the opportunity to get hands-on experience adjusting different systems to better understand how compression, rebound and more affect different skiers in diverse terrain and conditions.

Wednesday, June 4, 2019

AM Clinic: Biski A-Z: Teaching and Tethering II

Describer: Join this clinic to gain hands-on experience in biski and dual ski tethering with a focus on the learning partnership, guest involvement in the lesson and safety on the slope. Multiple pieces of equipment available in this session assures the opportunity for everyone to tether in this clinic. Attendees are not required to tether or ski in the biski or dual ski if they choose not to do so.

Attendee Learning Outcomes:

1. Describe the characteristics of effective learning partnerships between guests who sit ski and instructors.
2. Identify tethering strategies that support biskiing or dualskiing success by the guest.
3. Demonstrate teaching strategies that keep the guest engaged and active in the lesson.

OR

AM Clinic: Balanced Approach - Contemporary Use of Outriggers Across Adaptive Disciplines

Describer: Sure, outriggers can help skiers to maintain balance, but they do so much more. This session will focus on the functions of outriggers, implementation of contemporary outrigger set-up, and use of modern outrigger techniques to support effective skiing no matter the adaptive discipline. Clinic participants must exhibit advanced intermediate skills if choosing to ski three-track or ski in a monoski or biski during this session.

Attendee Learning Outcomes:

1. Cite the main functions of outriggers for all users.
2. Set up outriggers in contemporary configurations for use by skiers across adapted disciplines.
3. Demonstrate the three phases of modern outrigger movements used by skiers across adapted disciplines.

PM Workshop: Able, Adaptive and Active

Describer: Veterans are able and adaptive but may not be very active. Join this session to learn about barriers and motivators that influence sports involvement by veterans with disabilities and how you can help them become more active in your programs.

Thursday, June 6, 2019

AM Clinic: Slider Sense

Describer: The slider is an adaptive appliance that provides so many options for set-up and use that it can be confusing to know which to apply in specific circumstances. Participants will practice identifying key stance, balance and movement needs of prospective slider users and create the appropriate equipment set-up, skill development progression, and teaching assists for success by all involved in the lesson.

Attendee Learning Outcomes:

1. Cite slider features and how they could positively or negatively affect guests with various diagnoses.
2. Identify the movement needs of various adapted skier profiles.
3. Demonstrate hands-on assist methodologies that support skill development by the guest.

OR

AM Clinic: Analysis Paralysis

Describer: Overcome the mind-freezing challenges of performing movement analysis during this low-key clinic. This active on-snow session will help you become more knowledgeable about the technical aspects of alpine skiing and confident in your abilities to identify movement needs and implement solutions for your alpine skiing guests in all adaptive disciplines.

Attendee Learning Outcomes:

1. Cite a simple movement analysis process for use in lessons.
2. Describe cause and effect relationships between the guests' movement and his or her skis.
3. Demonstrate developmental or corrective activities appropriate to the movement needs of the guest.

PM Activity: This time is reserved for self-guided group discussion on adapted snowsports topics, viewing video of challenging lessons and considering possible solutions, sharing teaching and technical information, conversing about policies, best practices or safety topics, or general networking with other presenters.

Group or individuals may also choose to hike, golf, fish, play yard games, tour wineries or otherwise enjoy this unique area of Oregon.

Friday, June 7, 2019*

AM Clinic: Experience and Assist: TetraSki

Describer: This amazing opportunity allows clinic attendees to navigate the slopes in the TetraSki and learn more about this Sip and Puff or joystick controlled biski that supports independence in turning and speed management.

Attendee Learning Outcomes:

1. Identify appropriate candidates for TetraSki use.
2. Describe three safety features of the TetraSki to maintain direction and speed control.
3. Demonstrate skills needed to be a TetraSki lesson assistant.

OR

AM Clinic: Snowboarding Success for Guests with Physical Disabilities

Describer: In adaptive snowsports stance, strength and desire all factor into the decision about appropriate sliding tools and often a snowboard is the most effective device to be used. This interactive session will have you thinking creatively and gaining experience with many adapted snowboard appliances and teaching methodologies. Expansion of your understanding and skills will create a foundation from which you can teach even the most challenging snowboard lessons for guests with physical disabilities next season.

Attendee Learning Outcomes:

1. Identify movement challenges for guests with specific physical diagnoses.
2. Demonstrate use of adapted appliances to meet specific movement challenges of guests with physical diagnoses.
3. Create and implement games and activities for snowboard skill development by guests with physical diagnoses.

*Attendees must check-out of the lodge prior to breakfast and clinics.