



NORTHERN ROCKY MOUNTAIN DIVISION

COMMON ADAPTIVE CLINICS OFFERED

PSIA-AASI-NRM Adaptive offers many clinics as open enrollment and group specific. While the possibilities are endless what we can offer for you directly, you will find a list of the common clinics we are asked to lead below. If you would like to have us work on a specific focus for you, please reach out to the adaptive chair at nrm.adaptive@gmail.com and we'll be happy to make it happen for you.

Train the Trainer - we will work with your trainers to help them grasp a deeper understanding of what we do what we do, how we do it, and explore different training tips.

Bi-Ski Tethering Skills - we will work with your staff and/or volunteers to learn how to tether, or improve their tethering skills. A large focus will be on practical skills to reduce risk to the tetherer, the student, and general public.

Teaching Bi-Ski with Hand Held Outriggers - Bi-skiing with hand held outriggers is not the same as tethering a bi-skier with fixed outriggers, nor teaching mono skiing. We'll explore aspects of outrigger use from the assessment to progressions, and a lot in between!

Outrigger use - Outriggers are phenomenal tools when used appropriately. We'll explore the different types and configurations, set-up, and proper use to get the most out of these tools for 3-Track, 4-Track, Mono-Ski and Bi-Ski.

Visually Impaired Guiding - getting comfortable with the fundamentals - Learning about different visual impairments and how to do a thorough assessment will set your instructors up for success. We'll then take this out on snow and go over basic guiding techniques and practice them giving tips and tricks from our past experiences to be able to guide someone through the lift lines, and down beginner terrain.

Exam Prep - Whether an exam has a required divisional prep or not, we can work with your group to help give them an understanding of the skills necessary in the exam and work on these skills to develop good skiing/riding and teaching skills.

Cognitive/Intellectually Challenged - Behavior Management - Let's face it, our largest population of skiers in adaptive programs is within the Intellectually Challenged discipline and we've all had hard students. We'll explore different ways to manage behavior so your instructors can be better equipped to provide a quality lesson on the hill with these additional tools in their toolbox.

Cognitive/Intellectually Challenged - Fun = Learning - A lot of our Instructors have a limited toolbox of games and exercises, and may not even know why they are teaching with one versus the other. We'll explore the mountain features and play with different games to keep these lessons rolling and engaged, with a smile beaming from the student's face!

Stand-up Tethering - Historically we have used stand-up tethering as a go to for a lot of intellectually challenged lessons. During this clinic we'll explore why we use this tool, when it is appropriate and not, address safe and unsafe behaviors, and give tips and tricks on how to make this a better experience for your students, and your instructors.

Autism - Teaching the Spectrum - Are you having a hard time connecting with your students on the spectrum? We'll look at common traits, and how to engage these individuals, making lasting connections and better instruction.

Teaching Beginner Mono-Skiing - Mono-skiing is the sexy side of adaptive skiing - ripping up the groomers, floating through the powder, and getting after it in the steeps. But everyone has to start at the beginning and that is where most instructors have a hard time helping their students - set-up and basics. We'll cover equipment fitting, why we would use one rig versus another, and the beginner progressions to help get your students set-up for success from the beginning to minimize the time in the beginner and intermediate zones.

Off the Plateau - Mono-Ski Intermediate tips and tricks - Have you had that mono-skier that is stuck on the intermediate plateau and can't seem to progress? We'll explore the common factors that keep someone on that plateau and ways to get them off of it.

Tools we use - Adaptive Snowboard tools - There are a lot of tools that can be used in the adaptive snowboard world - outriggers, bamboo, board buddy/sno-wing, rider bar, etc. We'll go over what your program has, what other tools are available, and how to use them to promote independence to your student.