

TRAINING CLINIC DESCRIPTIONS

2019/2020 Ski Season



New Volunteer Orientation

This one-day clinic is full of critical program information for new volunteers. We will discuss STARS's forms, policies and procedures; see the common adaptive equipment we utilize, including why we use it; an orientation of the mountain and the amenities we use on it; look at where we obtain our students' rental equipment, and how it is stored; how to meet and assess our participants; and some foundational behavior management tools. We will also get out on snow to explore skiing and/or riding fundamental movements and skills. All new downhill volunteers are welcome: Alpiners, Snowboarders and Telemarkers are all included!

Prerequisite: Be a new volunteer

Return Volunteer Refresher

We will fill you in on policy and procedural changes, mountain updates, and anything else that is pertinent to your teaching through STARS that is different from last year. We will review the skiing and riding fundamental movements and skills including what we typically see in our students, what deficiencies we commonly see, and how we can make improvements for them. This clinic will include tasks that focus on the skills to improve your skiing/snowboarding too! All returning downhill volunteers are welcome: Alpiners, Snowboarders and Telemarkers are all included!

Prerequisite: Be a Returning Volunteer (from within the last 2 seasons)

Basics for Working with Children

In this clinic we will dive into a child's world. We will look at how they think, how they feel, and how they move through the stages of development. We will also explore the different sensory inputs, learning styles, and multiple intelligences. This combined with some on-snow scenarios will get you working with children more comfortably and confidently! Downhill volunteers are welcome: Alpiners, Snowboarders and Telemarkers are all included!

Prerequisite: None

Bi-Ski Tethering

We apply what you learned in Tethering Skills and bring it into an introduction to tethering a bi-ski. We look at why we tether, how we tether, and get some practice in! Downhill volunteers are welcome: Alpiners, Snowboarders and Telemarkers are all included!

Prerequisite: Introduction to Bi-Ski, Tethering Skills

General Teaching and Sliding

This one-day, predominantly on-snow clinic explores models that assist new volunteers in teaching, takes a look at a progression to teaching a beginner lesson, looks at risk reduction, teaches novice progressions, applies what we have learned thus far to our teaching, and how to work with your students from when they walk in the door to after they leave. We will apply this through our terrain advancements from the flats to making great turns on green terrain, including magic carpet and lift use. This clinic will focus on standard alpine/snowboard progressions, as it is vital to understand a foundational progression prior to complicating it with varying cognitive, affective, and physical abilities! All new downhill volunteers are welcome: Alpiners, Snowboarders and Telemarkers are all included!

Prerequisite: New Volunteer Orientation

Introduction to Vision Impaired/Blind Guiding

This will be a one-day clinic, with both indoors and on-snow components where we will introduce you to guiding the Visually Impaired. We will explore vision, the types of visual impairments, and learn how to utilize tools/equipment we have to teach individuals that are visually impaired. This clinic will be focused on beginner terrain. Downhill volunteers are welcome: Alpiners, Snowboarders and Telemarkers are all included!

Prerequisite: None

Intermediate Vision Impaired/Blind Guiding

This will be a one-day clinic, primarily on-snow where you will learn and practice some more advanced techniques and fine-tune your guiding on intermediate terrain. We will do a quick recap on, the types of visual impairments, the red flags associated with Visual Impairments, and the tools available to teach with. Downhill volunteers are welcome: Alpiners, Snowboarders and Telemarkers are all included!

Prerequisite: Introduction to Vision Impaired/Blind Guiding

Introduction to Mono-Ski

This will be a one-day clinic, with both indoors and on-snow components where we will introduce you to the Mono Ski, and amazing tool in the adaptive community. We will explore what it is, the population it serves and ways to determine this, the models available, how to set them up, and what you can do to help an Instructor on the hill with these devices. It is an exciting piece of equipment but does require strong skiing/riding and some muscle to help load on the chairlifts, and pick-up when they fall over! You will also be exposed to a progression for a beginner student while learning to mono-ski, which you will build on and practice in Beginner Mono-Skiing. Downhill volunteers are welcome: Alpiners, Snowboarders and Telemarkers are all included!

Prerequisite: None

Beginning Mono-Ski

Take what you learned in Introduction to Mono-Skis and put it to use teaching Mono Skiing at a beginner level. The volunteers in the course will be the participants, so you will get to learn to mono ski on a beginner technical level! Downhill volunteers are welcome: Alpiners, Snowboarders and Telemarkers are all included!

Prerequisite: Introduction to Mono-Ski

Introduction to Bi-Ski

This will be a one-day clinic, with both indoors and on-snow components where we will introduce you to the Bi-Ski, an amazing tool in the adaptive community. We will explore what it is, the population it serves and ways to determine this, the models available, how to set them up, and what you can do to help a Lead Instructor on the hill with these devices. It is an exciting piece of equipment but does require strong skiing/riding and some muscle to help load on the chairlifts, transfer participants to/from the Bi-Ski, and pick-up when they fall over! You will also need to be a STRONG Intermediate or Advanced Skier or Rider to participate!

Prerequisite: None

Introduction to Cognitive/Developmental Delays

We will discuss disabilities in more depth than in the indoor clinic, perform student assessments so you know how to get pertinent information, look at the development stages of humans and how it applies to sliding on-snow, look at learning and teaching styles to match your participant's development stage, behavior management techniques, have you teach a lesson with typical adaptive scenarios, and explore adaptive tools to use in teaching lessons. Downhill volunteers are welcome: Alpiners, Snowboarders and Telemarkers are all included!

Prerequisite: None

Introduction to Adaptive Nordic

This one-day clinic will explore the trails, skills, and equipment we utilize for adaptive nordic skiing at Haymaker. We will also run through the processes of lessons and rentals. All Skate and Classic skiers are welcome!

Prerequisite: None

Introduction to Adaptive Snowboard

Stand-up snowboarding can be complex, so we will break it down to the basics and look at assessments, prosthetics, and learn how to use common tools/techniques to help our students to succeed. Snowboard volunteers are welcome to participate!

Prerequisite: None

Introduction to Movement Analysis

Learn how to look at students as they ski or ride and determine what ideal movements are, what real movements they are making, and how to compile all of the information into a lesson plan to improve their sliding. We'll be primarily indoors for the morning, and the afternoon on-snow. Downhill volunteers are welcome: Alpiners, Snowboarders and Telemarkers are all included!

Prerequisite: None

Stand-up Tethering Basics

We apply what you learned in Tethering Skills to our Stand-up Ski population. We will learn to tether 2-Track skiers, why we tether them, and what our outcomes are. Downhill ski volunteers are welcome to participate!

Prerequisite: Introduction to Cognitive/Developmental Delays, Tethering Skills

Tethering Skills

Learn and practice the fundamental sliding skills and techniques to be successful at tethering. Downhill volunteers are welcome: Alpiners, Snowboarders and Telemarkers are all included!

Prerequisite: ONE of the following: Introduction to Cognitive/Developmental Delays, Introduction to Adaptive Snowboarding, or Introduction to Bi-Skis

Introduction to Ski Bike

This half-day clinic, with both indoors and on-snow components where we will introduce you to the Ski Bike. We will explore what they are, the population they serve and ways to determine this, the models available, how to set them up, and how to operate these devices with students on beginner and easy intermediate terrain. These are exciting pieces of equipment, but do require the ability to ride them and some coordination to load, ride, and unload the lifts. Downhill volunteers are welcome: Alpiners, Snowboarders and Telemarkers are all included!

Prerequisite: None

Introduction to Snow-Go

This will be a half-day clinic, with both indoors and on-snow components where we will introduce you to the Sno-Go. We will explore what they are, the population they serve and ways to determine this, how to set them up, and how to operate these devices with students on beginner and easy intermediate terrain. These are exciting pieces of equipment, but do require the ability to ride them and some coordination to load, ride, and unload the lifts. Downhill volunteers are welcome: Alpiners, Snowboarders and Telemarkers are all included!

Prerequisite: None
