

# 2016 NEHSA Pre-Season Clinic Descriptions

Please sign up for clinics by e-mailing [info@nehsa.org](mailto:info@nehsa.org) or by calling (603)763-9158

**\*For all on snow clinics: please bring your own equipment or you may borrow equipment from NEHSA. NOTE: All NEHSA equipment must be set by a certified NEHSA shop technician prior to use.**

**\*Helmets are required for all on snow events.**

**\*Please arrive 30 minutes early to prepare for all on snow clinics.**

## **Saturday, December 3<sup>rd</sup> 2016:**

### **#1 Volunteer 101**

Are you new to us? This clinic is the place to start and learn about being a NEHSA volunteer. You will learn what is expected from you on a day-to-day basis and how to be a part of the team. THIS IS A REQUIREMENT FOR NEW VOLUNTEERS AND MUST BE ATTENDED BEFORE VOLUNTEERING WITH OUR STUDENTS. After December this will be offered upon request. (Inside ½ day AM or PM)

### **#2 The Complex World of TBI and PTS**

This clinic is an informative workshop for those who want to gain more insight about traumatic brain injuries. This clinic will also include a discussion of post traumatic stress and military sexual trauma. Understand what to expect when working with these individuals, the use of effective communication and successful teaching methods. (Inside ½ day AM or PM)

### **#3 Tips for a Healthy Ski Season**

This clinic will discuss common injuries associated with skiing and lifting and how to prevent them. We will review proper body mechanics, what to do in case of an injury and basic exercises and stretching to prevent injuries. Proper lifting and transfer techniques will be demonstrated. You will need your ski boots for this session. This clinic is being taught by a local Physical Therapist. (Inside ½ day AM or PM)

#### **#4 Insights into Autism**

Join us for an informative and interactive clinic on the unique learning styles of individuals with autism. Discover teaching tools to increase a skier's understanding of the lesson and behavior management strategies. Then practice implementing these techniques through role playing situations that will set up both the participant and instructor for a successful lesson.  
(Inside ½ day AM or PM)

#### **#5 Introduction to Sit Ski Program**

If you are interested in exploring the sit ski program at NEHSA, this clinic will introduce you to the equipment and discuss the benefits of each type of equipment (bi-ski, dual-ski, mono-ski) relative to specific disabilities.  
(Inside ½ day AM or PM)

### **Sunday, December 4<sup>th</sup> 2016:**

#### **#6 Volunteer 101**

Are you new to us? This clinic is the place to start and learn about being a NEHSA volunteer. You will learn what is expected from you on a day-to-day basis and how to be a part of the team . THIS IS A REQUIREMENT FOR NEW VOLUNTEERS AND MUST BE ATTENDED BEFORE VOLUNTEERING WITH OUR STUDENTS. After December this will be offered upon request.  
(Inside ½ day AM or PM)

#### **#7 Introduction to Disabilities**

Join in this informative clinic about various disabilities that we serve at NEHSA. The session will include a basic clinical overview of each disability as well as cares and concerns about the student during the lesson. Also shared in this clinic are discussions on various teaching methods to achieve a successful on snow experience for the student.  
(Inside ½ day AM or PM)

#### **#8 Communication/Engaging Games**

This valuable clinic for new and returning volunteers will explore the many ways to effectively communicate with your student. Understand the various learning preferences of the student and how to adapt your teaching style to them. Also shared in this clinic are the many games and tricks of the trade used on the common signing phrases used during snow sports instruction.  
(Inside ½ day AM or PM)

## **#9 Overview of Adaptive Equipment**

Explore the many pieces of adaptive equipment for the sit down and stand up skier that we have within the NEHSA building. You will have the opportunity to become familiar with each piece and discuss how it functions. In this clinic you will also learn how to perform a physical evaluation of skiers with special needs and then use this information to appropriately select the adaptive equipment to best assist your student.  
(Inside ½ day AM or PM)

## **Saturday, December 10<sup>th</sup> 2016:**

**\*All full day clinics will only be half days if not on snow\***

## **#10 Volunteer 101**

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(Inside ½ day AM ONLY)

## **#11 Teaching the Visually Impaired**

This session will introduce the basics of skiing with the visually impaired. Learn about vision diagnoses, safety concerns, teaching strategies and guiding techniques that will help the skier find success. Discover how to develop awareness to the student's needs which will establish trust and a close bond with your VI student.  
(Inside and On Snow- FULL DAY)

## **#12 Terrific Teaching for Developmental Disabilities**

Teaching successes happen because we know our student. Join this informative and interactive clinic and learn about the various developmental diagnoses, physical and cognitive assessments and teaching methods for the DD students. Insights and activities to make the focus on fun skill development will be shared. Better understand your student for better on snow experiences.  
(Inside and On Snow- FULL DAY)

### **#13 Introduction to Adaptive Snowboarding**

This workshop will provide the basic information for working with the adaptive snowboarder. You will be introduced to the adaptive equipment used in lessons and gain an understanding of the progression involved.

(Inside and On Snow- FULL DAY)

### **#14 Basics of Bi-Skiing**

This clinic will introduce you to the workhorse of our sit down program - the bi-ski. Learn which participants will find success in the different types of bi-ski equipment. Learn how to safely navigate behind the bi-ski as the lead and as an assistant, how to safely load and unload from the lift, and what the best type of personal skis are for you as the instructor.

(On Snow- FULL DAY)

### **#15 Introduction to Sit Ski Program**

If you are interested in exploring the sit ski program at NEHSA, this clinic will introduce you to the equipment and discuss the benefits of each type of equipment (bi-ski, dual-ski, mono-ski) relative to specific disabilities.

(Inside ½ day AM or PM)

### **Sunday, December 11<sup>th</sup> 2016:**

**\*All full day clinics will only be half days if not on snow\***

### **#16 Movement Analysis for the Stand-up Skier**

In this clinic you will investigate the common movement patterns for the beginner to intermediate skier. Join this active group while skiing to understand terminology, concepts and movements of the skiing progression. Learn how to develop a critical eye while participating in various skiing exercises. Also practice setting plans for how and when to make necessary changes for your adaptive student's success.

(On Snow- FULL DAY)

### **#17 Success with the Snow Slider**

Learn what type of support the slider provides and what type of stand up skier it will assist. Review basic evaluation of skiers who may use the slider and get hands on experience on how to set up this piece of equipment to meet your student's safety and skill development needs. Experience skiing and tethering the slider while practicing the teaching progressions used. Finally learn how to set developmental plans for your student to graduate towards independence from this adaptive apparatus.

(Inside and On Snow- FULL DAY)

### **# 18 In Depth Bi-Skiing**

Already have some experience behind a bi-ski? This clinic is designed to further your skill and allow for more in depth training such as how to engage your participant in the dynamics of the ski by teaching them how to initiate turns. We will review teaching tools used with our DD students to increase their understanding of the lesson and explore ways to effectively communicate. Learn how to introduce outriggers and fit them to your students to give them more independence.

(On snow - FULL DAY)

### **#19 Basics of Bi-Skiing**

This clinic will introduce you to the workhorse of our sit down program - the bi-ski. Learn which participants will find success in the different types of bi-ski equipment. Learn how to safely navigate behind the bi-ski as the lead and as an assistant, how to safely load and unload from the lift, and what the best type of personal skis are for you as the instructor.

(On Snow- FULL DAY)

### **Saturday, December 17<sup>th</sup> 2016:**

**\*All full day clinics will only be half days if not on snow\***

### **#20 Learn to Teach and Ski 3 and 4 Track**

Broaden your understanding of 3-track and 4-track skiing and instruction. Start with evaluating the student's special needs, reviewing the equipment used and the set-up associated with this discipline. Practice skiing 3 and 4-track while focusing on the teaching progression and skill development.

(Inside and On Snow- FULL DAY)

### **#21 Tethering Tips for All**

Learn the proper sit and stand tethering techniques to make both you and the student successful. Explore the required skiing ability and practice the skills needed for effective tethering. This clinic will help you understand the proper tethering position and how to use the terrain to better assist your student. Also learn about and practice various manual assists that can help the stand-up skier be safe on the slope and advance their own skills. Want to better your own tethering skills? This clinic is a must.

(Inside and On Snow- FULL DAY)

## **#22 Introduction to Adaptive Nordic Ski Instruction**

This event will introduce adaptive cross country ski instruction for both sit down and stand up disciplines. Techniques to assist developmentally delayed students, ADD, ADHD, visually impaired and physically challenged students will be discussed. Participants have the opportunity to try out various pieces of adaptive equipment from the instructor and student's perspectives. Bring your own cross country equipment.  
(On Snow- PM ONLY)

## **#23 In Depth Bi-Skiing**

Already have some experience behind a bi-ski? This clinic is designed to further your skill and allow for more in depth training such as how to engage your participant in the dynamics of the ski by teaching them how to initiate turns. We will review teaching tools used with our DD students to increase their understanding of the lesson and explore ways to effectively communicate. Learn how to introduce outriggers and fit them to your students to give them more independence.  
(On snow - FULL DAY)

## **Sunday, December 18<sup>th</sup> 2016:**

**\*All full day clinics will only be half days if not on snow\***

## **#24 Learn to Teach the Mono Ski**

This clinic is an introduction to mono skiing , including the assessment of the participant, fitting the student and setting up the mono ski, the initial progression and if time and participation permit, lift loading and unloading.  
(On Snow- FULL DAY)

## **#25 ATS and the Adaptive Connection**

To better understand the fundamentals of Alpine skiing we will show you ways to develop your own personal skiing. This clinic will review the American Teaching System foundation and then demonstrate how to adapt these principles to meet the needs of students with disabilities. Participants must be able to ski various terrains on the mountain.  
(On Snow-Full DAY)

## **#26 Let's Talk About Teaching**

No two students or lessons are the same and in this informative and interactive clinic you will explore the many different stand-up ski lessons that we see at NEHSA. From the child to the adult, various scenarios will be presented for different situations, disabilities, and skiing abilities. With each scenario you will discuss the disability and the challenges, the teaching strategies and share helpful hints. Role playing will complete each teaching opportunity as you learn from each other and from experienced instructors.

(On Snow- FULL DAY)

## **#27 Sit-Ski Techniques from a Snowboard**

Riders will broaden their understanding of sit down equipment, improve their skills in loading and unloading the sit ski, and practice the hands-on and tethering techniques used in guiding a sit skier on beginner terrain from a snowboard. This clinic is intended for snowboarders with intermediate riding ability.

(On Snow- FULL DAY)

## **#28 Basics of Bi-Skiing**

This clinic will introduce you to the workhorse of our sit down program - the bi-ski. Learn which participants will find success in the different types of bi-ski equipment. Learn how to safely navigate behind the bi-ski as the lead and as an assistant, how to safely load and unload from the lift, and what the best type of personal skis are for you as the instructor.

(On Snow- FULL DAY)