

# 2017 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 2<sup>nd</sup>:**

### **#1 Volunteer 101** (Indoors ½ day AM or PM)

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.

### **#2 Communication** (Indoors ½ day AM or PM)

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 and the common signing phrases used during snow sports instruction.

### **#3 Insights into Autism** (Indoors ½ day AM or PM)

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.

### **#4 Introduction to Sit Ski Program** (Indoors ½ day AM or PM)

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.

## **Sunday, December 3<sup>rd</sup>:**

### **#5 Volunteer 101** (Indoors ½ day AM or PM)

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.

### **#6 The Complex World of TBI and PTSD** (Indoors ½ day AM or PM)

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.

### **#7 Terrific Teaching for Developmental Disabilities** (Indoors ½ day AM or PM)

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.

### **#8 Tips for a Healthy Ski Season** (Indoors ½ day AM or PM)

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.

### **#9 Overview of Adaptive Equipment** (Indoors ½ day AM or PM)

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.

## **Saturday, December 9<sup>th</sup>:**

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

### **#10 Volunteer 101** (Indoors ½ day AM ONLY)

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.

### **#11 Terrific Teaching for Developmental Disabilities** (Indoors AM, On Snow PM)

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.

### **#12 Round Table- Sharing Successes and Frustrations** (Indoors ½ day AM or PM)

Ever wonder if you are the only one feeling frustrated or a bit defeated at the close of a lesson? This clinic presents the chance to discuss previous successful and difficult lessons with other volunteers. It's a chance to share ideas and techniques with peers to boost lesson confidence and learn what works for some and what doesn't work for others. All disciplines are encouraged to participate.

### **#13 Introduction to Sit Ski Program** (Indoors AM, On Snow PM)

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.

The first half the clinic will be held indoors and the second half will be held on the snow. If you attended the intro class previously, you can just join for the PM session.

In the afternoon, you will learn how to safely navigate behind the workhorse of the sit ski program, the bi-ski. You will learn the skills to be a helpful assistant and lead instructor, how to safely load and unload from the lift, and what the best type of personal skis are for you as the instructor.

You can take this clinic as a full day or join us for either the morning or afternoon session. Breaking up the clinic may allow you to take other half day clinics that interest you.

### **#14 Introduction to Adaptive Snowboarding** (Indoors and On Snow- FULL DAY)

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.

### **Sunday, December 10<sup>th</sup>:**

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

### **#15 Teaching with the Snow Slider** (Indoors and On Snow- FULL DAY)

The snow slider facilitates the needs of many stand-up skiers but is often viewed as a final device. In this clinic you will view the basic physical evaluation of skiers who may use the slider and get hands on experience on how to properly set up this piece of equipment. You will also have the opportunity to practice skiing and tethering the slider while learning the teaching progressions used with this device. Finally, learn how to implement developmental plans for your student to move from the slider towards outrigger use or independence of any hand held adaptive equipment.

### **#16 Teaching the Visually Impaired** (Indoors and On Snow- FULL DAY)

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.

### **#17 Introduction to Sit Ski Program** (Indoors AM, On Snow PM)

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### **#18 Advanced Bi-Ski** (On Snow-FULL DAY)

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.

\*\*\*A prerequisite is that you have experience with the bi-ski.

### **Saturday, December 16<sup>th</sup>:**

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

### **#19 Learn to Teach and Ski 3 and 4 Track** (Indoors and On Snow- FULL DAY)

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.

### **#20 Movement Analysis for the Stand-up Skier (On Snow- FULL DAY)**

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.

### **#21 Introduction to Sit Ski Program (Indoors AM, On Snow PM)**

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\*\*\*A prerequisite is that you have experience with the bi-ski.

### **#23 Learn to Teach the Mono-Ski (On Snow-FULL DAY)**

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.

\*\*\*A prerequisite is that you have some experience with the sit ski program.

## **Sunday, December 17<sup>th</sup>:**

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### **#24 Sit-Ski Techniques from a Snowboard** (On Snow-FULL DAY)

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.

### **#25 ATS and the Adaptive Connection** (On Snow-Full DAY)

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.

### **#26 Using the Mountain to Teach** (On Snow-FULL DAY)

Do you have students that are stuck in a power wedge or are reluctant to come off tether? Chances are, they probably learned to ski initially on terrain that was too extreme for them. By reducing the effects of gravity and thus speed, students can focus on connecting with the movements, sensations and body positions needed to steer and control their equipment. This clinic will help teach you to use proper terrain, removing the traditional anxieties from learning and shifting the students' focus to moving, playing and having fun without fear of losing control.

### **#27 Beginner Tethering** (On Snow-FULL DAY)

This clinic will focus on practicing the skills needed for effective tethering. It 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. We will also review the proper positioning while assisting on a tethering lesson.

### **#28 Advanced Tethering** (On Snow-FULL DAY)

Want to better your own tethering skills? This clinic is a must. This clinic will review the proper tethering techniques to make both you and the student successful. We will focus on drills which will build on your ability to be a strong tetherer. Once the foundation has been set, we will practice tethering procedures for stand-up, sit-ski and the slider.

\*\*\*A prerequisite is that you have some experience with tethering and preferably, experience with the sit ski and/or the slider.