



## **PSIA-AASI National Adaptive Academy**

**Hosted by The Hartford Ski Spectacular  
2015**

### **Clinic Reminders**

#### **Clinic Topic: Group Monoski Lesson- Experience the Fun**

1. Review Alpine fundamental, especially focus on effective and ineffective movements
2. Focus on effective movements in mono-skiers
3. Focus on positive movements vs defensive braking outrigger usage.
4. Terrain choice is key
5. Reinforce positive relationship with gravity.