



PSIA-AASI National Adaptive Academy Hosted by The Hartford Ski Spectacular

Clinic Reminders

Clinic Topic: Functional Four-track skiing 300 Level Course **Clinician: Mary Ellen Whitney**

- Understand definition of Four-track skiing and see 4 different styles of skier in these short video clips <https://www.youtube.com/playlist?list=PLdmEb-K-11nhKOxhdYVWo3EKAegkgQg3r>
- Differences in equipment set-up can make (or break) the success for a four-tracker ; consider all designs in outriggers and who should use what manufacturer brand, and why.
- Successful four-track skiers who still experience fatigue – consider CADS
- Four-track includes a varied and vast population, sometimes their only commonality is the use of outriggers. Some examples of disabilities included in this classification are: Cerebral Palsy, Muscular Dystrophy, Multiple Sclerosis, Post Polio, Leg Amputations (above knee [AK], below knee- [BK], and bi-lateral), Arthritis, Spina Bifida, Spinal Cord Injury (SCI), and possibly Traumatic Brain Injury (TBI). This is just a sampling.

A primary concern with these disabilities is a review of physical strengths (range of motion, strength of limbs, ability to balance, and/or move right/left). A review of current medications and/or other disability involvements are discussed during this session

Ice Screws vs. Brake Claws :

Ice Screws: The Neutered Basket for Superlite Outriggers is designed to provide less resistance when your outriggers are in the ski position and provide great grip and surface area on snow and ice while crutching. Made from high grade Stainless Steel, they retro-fit to all Superlite Ski Tips and replace the Claw Basket Brake as you become a better skier. A must for the intermediate to expert skier who does not use our NexGen ski tip.

Brake Claws: The Claw Basket Brake for Superlite Outriggers is designed to provide resistance when your outriggers are in the ski position and provide great grip and surface area on snow and ice while poling. Made from high grade Stainless Steel, they retro-fit to all Superlite Ski Tips.

Tube Bend Style:

Standard-The bend is above the handle. 90% of our customers choose this style.

Low Bend-Also known as Ed Luck's, the bend is below the handle. This keeps the outrigger closer to the body allowing for a more upright stance and increases stability.

1. *Reference: PSIA Adaptive Snowsports Instructors Manual*
2. *Coaching Fundamentals for Adaptive Skiers DVD – PSIA-E library*