

Hosted by The Hartford Ski Spectacular

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Clinic Reminders

Clinic Topic: **Arc'em or Park'em!** – Colleen Farrell cocolikesto@yahoo.com

Key Points

1. Understanding Ski Design: side cut, length, camber, rocker, edges
2. What is a pure carve?
3. Terrain best suited for carving and learning to carve
4. Stance and balance
5. Pressure Movements: Fore/Aft and Lateral
6. Discuss safety awareness when doing exercises
7. Exercises with feedback

References and References for additional learning

1. Ski Design: www.skibuilders.com
2. Rocker Technology: www.rei.com
3. Ski Design: www.onthesnow.com
4. www.psia-rm.org/ Under Alpine Ed. Materials
5. Alpine Technical Manual, Second Edition 2005
6. Alpine Manual 1996

Safety Points

1. Don't overload your student with too much information
2. Be aware of your surroundings when practicing carving
3. Be patient and don't rush your movements
4. Abide by the Skier Responsibility Code at all times