

# Instructor Requirements for 2009-2010

## **I. Paid Instructors**

Full time is 4-5 days/week, part time is 2-3 days/week, minimal part time is 20 days/season which does not include 1-2 days of training. Training rate is 65% of base pay, payable up to 20 hours of training.

### **A. New Paid Instructors**

4-6 full days of training is required, up to 20 hours are paid at 65% regular base rate pay.

*Required clinics include:*

-1/2 day *Office Orientation*

-1/2 day *Disability Awareness*

-full day on-snow *Introduction to Adaptive Alpine or Snowboard Instruction*

### **B. Returning Paid Instructors**

1-2 full days of on-snow training plus *Office Orientation* is required. Training is payable at a training rate of 65% of regular base pay up to 20 hours total.

*Required clinics include:*

-1/2 day *Office Orientation*. NEW this year is a 90 minute session specifically for returning instructors called "Returning Instructor Office Orientation." You may attend either.

\*\*NOTE: If you have been approved by the Program Manager to attend "Trainers Training," this will complete all your required training.

## **II. Volunteer Instructors**

*Ticket Trade Program*

Can receive lift ticket for every 12 hrs of volunteering, as well as a ticket for the day they volunteer. Due to the amount of training we invest in our volunteers, we ask that each volunteer instructor commits at least 6 days or 36 hours per season. **You can start receiving earned tickets once you have completed at least 4 days or 24 hours of volunteering.** Day tickets are provided for training, ticket vouchers can be earned only after completing your required training. Skier/Rider improvement clinics do not count towards volunteer hours.

### **A. New Volunteer Instructor (Lead or Assistant)**

3 total days of training are required, none of which count toward the ticket trade program.

*Required clinics include:*

-1/2 day indoor *Office Orientation*

-1/2 day indoor *Disability Awareness*

-full day on-snow *Introduction to Adaptive Alpine or Adaptive Snowboard Instruction*

### **B. Returning Volunteer Instructor (Lead or Assistant)**

1-2 full days of on-snow training plus an *Office Orientation*, none of which count towards the ticket trade program.

*Required clinics include:*

-1/2 day indoor *Office Orientation*. NEW this year is a 90 minute session specifically for returning volunteers called "Returning Instructor Office Orientation." You may attend either.

\*\*NOTE: If you have been approved by the Program Manager to attend the "Trainers Training," this will complete all your required training.

## CLINIC DESCRIPTIONS

**\*Clinic Times, unless otherwise noted: AM: 9-12, PM: 1-4, Full Day: 9:30-3:30\***

**\*All clinics are full-day unless otherwise noted\***

**Office Orientation:** A **REQUIRED** ½ day indoor clinic for all instructors (lead/assistant, new/returning) focused on the daily procedures of being an instructor. We will go through where pertinent paperwork lives, where and how gear is stored, how to obtain rental equipment for your student, scheduling your days of availability, etc... A great relaxed way to feel at home in our new facility by going through “A day in the life of an instructor!”

Clinic offered: New Instructors to TASP- Nov. 19(AM), Nov. 21(AM), Nov. 24(AM), Dec. 3(AM), Dec. 16(AM), Jan. 4(AM)

Returning Instructors to TASP (90 minute abbreviated orientation): Nov. 23 (9-10:30AM), Nov. 28 (1-2:30PM), Dec. 4 (4-5:30PM)

\*No instructor with TASP can teach a lesson without completing this requirement regardless of experience. If instructors attend Trainers Training with preapproval from the Program Manager, a separate office orientation is not needed.

**Disability Awareness:** A **REQUIRED** ½ day indoor clinic for new instructors (lead and assistant) which offers an insight to the clientele we work with at TASP. We will be exploring and discussing the common disability categories, safety concerns, medications and possible complications that can arise when working with each specific disability. Due to the vast amount of disabilities we see at TASP and a limited training time, this is only an overview introduction to the more common disabilities. Returning instructors are always welcome! Look for disability specific continuing education sessions to follow later in January.

Clinic offered: Nov. 19(PM), Nov. 21(PM), Nov. 24(PM), Dec. 3(PM), Dec 16 (PM), Jan 4 (PM)

**Introduction to Adaptive Alpine Instruction (formerly termed Ski 100 and combined with Adaptive Stand- Up Techniques):** This full-day final piece of our **REQUIRED** clinics for new ski instructors will focus on our ‘first time experience’ stand up skiers and how to help them successfully progress from the rental shop to a Level 4 skier (matching skis at the end of a turn). This is our on-snow introduction to effective ski instruction that follows an industry standard format (PSIA) of a “beginner lesson” and explores what applications adaptive stand-up equipment has to enable your student to succeed in the learning partnership. New this year is our mentorship program, which enables you to pick the brain of your clinician/mentor with any questions you had from Orientation in the general day-to-day life of being an instructor. This mentor will be your TASP senior instructor contact for questions into and throughout the season beginning with this clinic.

Clinic offered: Dec. 5, Dec. 9, Dec. 12, Jan. 9

**Introduction to Adaptive Snowboard Instruction (formerly termed Ride 100):** This full-day final piece of our **REQUIRED** clinics for new snowboard instructors will focus on our ‘first time experience’ snowboarders and how to help them successfully progress from the rental shop to a Level 4 rider (skidded board at the end of a turn). This is our on-snow introduction to effective snowboard instruction that follows an industry standard format (AASI) of a “beginner lesson” and explores what creative teaching techniques can enable your student to succeed in the learning partnership. New this year is our mentorship program which enables you to pick the brain of your clinician/mentor with any questions you had from Orientation in the general day-

to-day life of being an instructor. This mentor will be your TASP senior instructor contact for questions into and throughout the season beginning with this clinic.

Clinic offered: Dec. 12

**Kids and Cognitive Teaching Techniques:** Close to 65% of all lessons run through TASP in 2008/2009 were youth lessons (not including adult lessons with functional cognition in the same learning capabilities). This **HIGHLY RECOMMENDED** full-day interactive clinic will be a fun and dynamic exploration of creative teaching techniques for students cognitively 18 years of age or younger. Stages of development (physical and cognitive), assistive equipment, appropriate learning terrain and years of professional seasoned experience will be shared in this clinic. You will partake in movement-based activities that create strong skiing skills at all levels.

Clinic offered: Dec. 6, Dec. 15, Jan. 10

**Utilizing Stand-Up Outriggers (formerly termed 3Track, 4Track, Slider):** With ‘Adaptive Alpine Instruction’ as our baseline for general introduction to ski instruction and learning, we will focus on the benefit of skiing with two outriggers, which replace conventional ski poles, as a platform for balance and dynamic assistance through all phases of a turn. You will learn to enhance your own ski performance by experiencing the benefits of this equipment and get a chance to explore learning situations of skiing with one ski (3 Track) and the physical challenges this presents. You will also be introduced to the ‘Slider’ which enables students with limited mobility and strength in their lower extremities to continue to stand up and ski! Appropriate equipment selection, learning terrain, common disabilities and safety considerations will be thoroughly explored in this clinic.

Clinic offered: Dec. 13

**Adaptive Snowboard Extravaganza (SKIERS ENCOURAGED TO ATTEND!!!):** This ½ day clinic is open to both skiers and riders focusing on specific adaptive snowboard equipment, teaching techniques and necessary personal skier/rider skills to enable our students to be successful riders regardless of their ability level. Think you are not a snowboarder? That’s ok, over half of adaptive snowboard lessons are best taught from skis with a snowboarder giving demonstrations! Join us for a great beginner to intermediate student focused adaptive riding experience.

Clinic offered: Dec. 20(AM)

**Introduction to Visually Impaired Guiding:** Spanning the range from visually impaired to totally blind, this full-day clinic will challenge even the veteran skier/instructor. As an introduction to skiing with visually impaired clients, everyone is welcome to join us to focus on the safety and verbal systems that build trust in our VI skiers. This guide/client trust creates a platform for skills-based learning and stress-free exploration of the whole mountain. Seamless guiding takes endless time and practice so this will be one of many visually impaired clinics to prepare you for such a teaching experience. Snowboarders are encouraged to take ‘Adaptive Snowboard Extravaganza’, for this is mainly a ski skill-based clinic.

Clinic offered: Dec. 20, Jan. 17

**Adaptive Foundations and Skills (formerly termed Tethering 100):** At times, the success of adaptive ski and snowboard lessons depends on our personal ski skills in conjunction with all the technical knowledge we are trying to convey. This ½ day clinic will focus on those specific pivotal ski skills that enable us to effectively and safely instruct using adaptive equipment with our students as skills-based learning tools (bamboo pole, tether from ski bra, two point hold, etc...) You will receive individualized feedback on body positioning, independent foot

movements, etc... necessary for successful tethering technique and leave the clinic with a personal ski training plan to get you to where you need to be (if you are not there already!)  
Clinic offered: Dec. 6(AM), Jan 11(PM)

**Stand Up Tethering Technique and Practice(must have completed 'Foundations and Skills'):**

This is where the “meat hits the potatoes” after successfully completing ‘Adaptive Foundations and Skills’. We will utilize mock students in this ½ day clinic to give you the safest opportunity to practice your stand-up skier tethering skills from a tip retention device. This instructor/student learning partnership is utilized every day at TASP and requires lots of practice to succeed. With your solid ski skills from ‘Foundations and Skills,’ we will focus on active and passive tethering scenarios that assist your student in mastering their own ski skills by building muscle memory in a secure learning environment.

Clinic offered: Dec. 11(AM), Jan. 13(PM)

**Snow bike:** Over the years, the snow bike has been used increasingly as an assistive ski device for clients with bad knees, fatigue issues or who simply don’t want to fall while learning a snowsport. If lifting bi or mono skis is not your ticket or you personally fit into one of the above categories, then join us for this ½ day clinic in exploring the wonders of the snow bike. Efficient skiing movements and skills with the benefits of being able to take the stress off the legs and feet will be reinforced in this new feel to the mountain.

Clinic offered: Dec. 13(AM)

**Special Olympics Coaches Development (Team San Juan!):** This full-day clinic is open to all instructors, regardless of race training experience, who are interested in being a coach/buddy for a local Special Olympics athlete this season. Curriculum will be focused on building athlete skills and confidence on the mountain to enable them to achieve their deserved glory in the regional and state competitions this year. We will review appropriate skiing skills and how we can apply them in a race setting that is fun and rewarding. General race starting, gate running, race finishing, timing, and season training schedule/logistics will be thoroughly covered.

Clinic offered: Dec. 19

**Bringing It All Together (formerly termed Welcome Back Warm Up, must be a returning instructor):** Have you ever been on a lesson and completely misplaced that beginner progression in your head or had a student who was ready for a new challenge and you weren’t quite sure how to facilitate that? Join this full-day clinic for returning instructors and have the chance to ski and teach with our Program Manager to review the basics of effective ski teaching from the time you meet your student until the time you bid them goodbye. A mix of guided learning and teaching scenarios will be utilized to give you the chance to practice your instructional skills and receive feedback from your peers and Manager. This day will be a light approach to get that ski teaching brain warmed up and honed in for a sure to be busy winter at TASP.

Clinic offered: Dec. 5, Dec. 9, Jan. 9

**Taking It To the Next Level (formerly termed Ski Instruction 200):** This full-day clinic is offered for new and returning instructors who are ready to hone their intermediate to advanced instructional skills. We will delve deeper into the skills and drills used to instruct and validate our higher level stand-up skiers. Level 5-9 skiers are ready for more information; we’ve helped them be successful and passionate about skiing thus far, now let’s get a basis of how to take them that next step in skill development for higher performance and efficiency.

Clinic offered: Dec. 12, Jan. 10

**Sitdown Ski Fiesta! (prerequisite for all other sitdown clinics):** Join us for this newly developed full-day clinic based around exploring and having fun while learning the basics of sitdown skiing. This is an absolute introductory to equipment (bi skis, mono skis, dual skis), seating considerations, chairlift loading/offloading safety, and hand assisting the equipment down the hill. ‘Adaptive Foundations and Skills’ is highly recommended before taking this clinic to validate your ski ability to safely work with the sitdown equipment. There will be no shortage of fun in this fiesta! (costumes optional)

Clinic offered: Dec. 19

**Bi/Mono Nuts and Bolts (must have completed ‘Sitdown Ski Fiesta!’ or a similar clinic in past years approved by the Program Manager):** Every party takes a serious turn at some point. This ½ day clinic will move *inside* to introduce, in-depth, all functioning parts of bi and mono skis along with working through basic client set-up and padding theory in each piece of equipment. The set-up is the most important piece of a sitdown skiers day, so we will proceed at the rate of your information absorption and curiosity levels. Review of common disabilities and equipment appropriate for each will also be covered.

Clinic offered: Jan. 16(AM)

**Bi Ski/Mono Ski Learning Progression( must have completed Bi/Mono Nuts and Bolts):** This ½ day clinic will move onto the snow from our morning session and we’ll jump right into the basic teaching/learning progression for bi skis and mono skis. We will have the opportunity to split into two groups to cover both disciplines. You must choose one discipline, for each has their respective “first time” movements and skills. This clinic will be taught as a sitdown group lesson where you will get a chance to experience first hand the teaching techniques and progression from a seasoned adaptive instructor. We will trade out being in the equipment and helping ski along as the “assistant instructor” so general alpine/snowboard gear is still required.

Clinic offered: Jan. 16(PM)

*\*The above listed clinics are the “core curriculum” for TASP instructor training for the season of 2009/2010 based upon the fundamental teaching philosophies as contained in educational materials developed and distributed by PSIA/AASI. Continuing Education clinics in Guest Centered Teaching, Biomechanics, Autism, Proper Lifting Techniques, Skier Improvement, Rider Improvement and Telemark (to name a few) will be offered throughout the season as time allows. Expect to receive email updates on these opportunities as well as the information being posted on the “upcoming events” board in the office.*

**Below are some sample instructor training pathways that might aid you in choosing the clinics that best fit your goals of involvement with TASP this 2009/2010 season. As always, you can never acquire enough training and practice time in adaptive snowsport instruction so feel free to take any and all clinics that you find interesting. We’ll see you on the hill!**

1.) Skier Jane is joining the TASP instructor pool for the 2009/2010 season. Jane has no specific experience with adaptive sports/education except for growing up next to a gentleman with a Developmental Delay. Jane says she is the usual fair weather skier who loves to cruise blue runs and simply wants to “be involved” with TASP for the season.

*As a new instructor to TASP, Jane is required to take 3 days of training before being assigned to a student lesson. Jane must complete, in good standing, an **Office Orientation** and **Disability Awareness** session, and the full day **Introduction to Adaptive Alpine Instruction** clinic. Jane now has at least one more full day of training to complete which can be a clinic or clinics of her choice. Because Jane has an interest in kids she decides to take **Kids and***

**Cognitive Teaching Techniques.** *Even though her required training is now complete, Jane sees the worth in building her own ski skills to be able to tether or work a bamboo pole more efficiently so she chooses to take **Adaptive Foundations and Skills**, the prerequisite to get into **Stand Up Tethering Technique**. By taking these clinics, Jane realizes she personally wants to be a better skier to make her a more effective instructor so she will utilize **Skier Improvement** clinics offered throughout the season with TASP.*

2.) Rider Joe comes into TASP saying he is an advanced snowboarder and is obviously very passionate about the sport. Upon further conversation Joe says he has no real instructing experience except for teaching a few buddies how to ride but it was a pretty horrible experience for all. Joe works evenings in town and has every day of the week available to teach and help out where needed. He understands TASP, at this point, does not have a ton of snowboard specific lessons and is willing to be an assistant on ski lessons when needed as well. Joe is ready to start training today!

*Just like Skier Jane above, with Joe being a new instructor to TASP this season, he is required to take an **Office Orientation** session along with **Disability Awareness**. From there Joe has to complete the full-day clinic **Introduction to Adaptive Snowboard Instruction**. Joe was so blown away by the professional nature and ease of the teaching progression he wanted to learn more on how to help a disabled rider get on the mountain so he chose to take the **Adaptive Snowboard Extravaganza**. With a ½ day left of required training time, and having hung out with some skiers at the Extravaganza because it was open to all, Joe thought he could be a great asset to a sitdown ski lesson as a blocker and equipment loader so he took the **Sitdown Ski Fiesta!** Through all these clinics Joe also realized the importance of having a very solid personal skill base, especially riding with one foot out down the hill, so he will utilize **Rider Improvement** clinics offered through the season with TASP.*

3.) Pat has been an instructor with TASP for 4 years now. She has found herself filling the spots of assistant and lead instructor throughout those years with returning students who have cognitive disabilities and in her terms “rip!” Pat is also used a lot on “never ever” lessons on the magic carpet but feels she gets stuck from time-to-time on where to progress her student next. “Is the next step a wedge turn here on the magic carpet or do I take the skier out to the meadows and go straight to parallel turns?”

*Pat is at a pivotal point in her adaptive snowsports career where she has been proven trustworthy to take out lessons on her own or with an assistant, having come up the ranks as an assistant herself, and is now thirsty for more information on beginner skiers and how to push her intermediate skiers to the next level. As a returning instructor, Pat is required to take an **Office Orientation** to the new facility in 2009/2010. For her on-snow training, Pat decides to ski with the Program Manager/Head Trainer in **Brining It All Together** to work through some big picture guided learning and receive feedback on her teaching theory and presentation skills. With having received powerful and useful information in this clinic, Pat decides to jump into a higher level instructor clinic, **Taking It To The Next Level**, to see if she has what it takes and hopefully pick up some more drills to work on with her students. Pat of course cruises through this clinic realizing she did know all that, she just needed a refresher this season. Being so turned on to ski instruction through these clinics and having monumental success with her students the first couple months of the season, Pat approaches the Program Manager curious about what it takes to be a certified instructor through **PSIA** and what is in it for her. The P.M. is more than glad to sit down with Pat and explain the certifying process, give his “Director’s opinion” on why he feels it is so important for instructors to have “professionally presented industry standard” training given by the governing body of our industry. Pat and Tim make a prep training plan for Pat to go into her clinics/exams (offered in Telluride in 09/10!) to pass with flying colors!*