

TELLURIDE ADAPTIVE SPORTS PROGRAM



2016-2017

**TRAINING
HANDBOOK**

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Volunteer Instructor Training

A. New Volunteer Instructor (Lead or Assistant)

Please attend 3 days of training designed specifically for new volunteer instructors to introduce them to TASP and our unique clientele.

** Please note that these do not count toward the ticket trade program.*

Optional: Take as many of the numerous additional training clinics you may be interested in.

Please refer to the [First Year Instructor Training Handbook](#) for more information.

B. Returning Volunteer Instructor (Lead or Assistant) Please attend at least 1 full day (or 2 half days) of training of your interest.



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General Information About Clinics

Clinic Times

- Morning clinics, denoted by “AM” are 9-12
- Afternoon clinics, “PM” are 1-4p
- Full day clinics, “FD” are 9:30-3:30

Clinic Locations

All clinics meet at the [TASP office](#), located under lift 1, in the Hotel Madeline Building. Come ready to ski or snowboard unless you see “indoor” in the description.

Lift Tickets

Day lift tickets will be provided for volunteers on the day of your training for those who do not have a seasons pass.

Signing up for Trainings and a Calendar

For descriptions, dates and to sign-up go to the following webpage. **Due to limited availability, we ask that you sign-up ahead of time:**

<https://tasptrainingregistration.campbrainregistration.com/>

For a calendar, check out our webpage or following link http://www.tellurideadaptivesports.org/about_tasp_our_team_instr_volunteer.html

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-INTRO CLINICS-

Snowbike

Snowbikes are empowering assistive ski devices for many clients with bad knees, fatigue concerns or compromised balance. 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. Skiers and Snowboarders welcome.

Clinic offered

Dec 18 (AM)

Jan 14 (PM)

Clinic Max: 6



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Working with Visually Impaired - Intro

For students with visual impairments, building trust and confidence is one of the most important first steps to a successful lesson. This begins the moment they walk through the door...

This clinic will give you the ability to do this by teaching strategies for clear communication and activities focused on preparing you to assist/guide them through the lesson process. It also covers common visual impairments and introduces taking the guiding from inside onto the mountain. This is the INDOOR prerequisite clinic for new instructors and interested returning instructors to take the [Visually Impairments on-snow Guiding](#).

Clinic offered (AM)

Jan 14

This clinic is
entirely
INDOORS and
meets at
the [Summit Office](#)



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Visual Impairments On-Snow Guiding Skiers & Riders

Seamless guiding takes endless time and lots of practice. This practice clinic will be one of many visually impaired clinics to prepare you for such a teaching experience.

In this clinic, you will review and practice many on-snow guiding techniques, that instills confidence and builds skills in your student. Snowboarders welcome.

**** Pre-requisite:** [‘Working with the Visually Impaired’](#) **

Clinic offered
(FD)

Jan 17

Clinic Max: 10



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Healthy Skiing, Safe Teaching

Our personal health and strength will only make us better and safer instructors. Offered by a renowned Physical Therapist and strength coach, we will cover skiing/riding based nutrition, stretching, strength activities and how we can protect our bodies on the hill, as instructors, to teach another day.

Clinic offered

Dec 21 (10am-12pm)



This clinic is
entirely
INDOORS and
meets at
the [Summit
Office](#)

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NEW

Successful Communication **– Tips & Tricks**

Let's face it, there are challenging days on the hill. *How do you cope when your student is having a meltdown? What do you do when your student will not follow your instruction? How do you teach a student who doesn't communicate in a style you are used to?*

In this full-day interactive clinic we will spend the morning indoors, discussing a variety of communication strategies, what to do when students act out and sharing ways to adapt to student needs. The afternoon we'll go onto snow, putting the tools into practice. Backed by a licensed Psychotherapist, we will explore how good communication is the root of a successful lesson.

Clinic offered (FD)

Dec 11

Clinic Max: 12



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Happy Hour Clinic: Understanding Mental Health

There are many cultural misunderstandings and myths about mental illness. During this 2-hour indoor clinic, led by a psychotherapist, we will demystify the common diagnoses we see in our students and military camps, such as ADHD and PTSD. We will look at how these manifest in our students as well as provide practical tools we can use to best support them.

Clinic offered

Jan 2 (4pm – 6pm)

This clinic is entirely **INDOORS** and meets at the [Summit Office](#)



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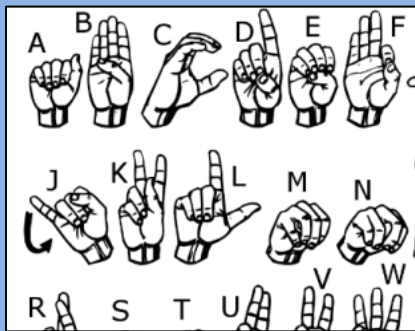
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Happy Hour Clinic: Introduction to Basic Sign Language

Come explore this unique language! This Happy Hour clinic is an excellent opportunity to learn some basic American Sign Language or dust off the cobwebs if you have prior experience. This is a great clinic for helping communicate with some of our students with cognitive disabilities as well. This will be offered as a 1 hour clinic starting after lessons.

Clinic offered

Jan 17 (3:30pm-4:30pm)



This clinic is entirely **INDOORS** and meets at the [Summit Office](#)

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Working with our Younger Skiers

*A **HIGHLY RECOMMENDED** interactive clinic that explores the development of mind and body for individuals 18 years of age or younger, which accounts for the majority of our students.*

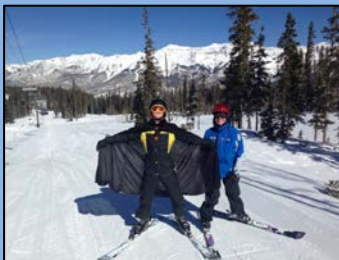
Remember when you were 9 and what excited you? This clinic will dust off the cobwebs of what it was like to be a kid and how we can relate that to our young students. Effective learning terrain, teaching strategies, engaging ski activities (games!) and years of professional seasoned experience will be shared in this clinic. Even if you have taken a Youth clinic in the past, this is a great one to get new ideas for a refreshed, fun, and successful lesson.

Clinic offered (FD)

Dec 10

Jan 15

Clinic Max: 12



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Milestones and Beyond!

Recommended for new and return instructors! Here at TASP we take great pride in providing high quality lessons that give our students the tools to be successful skiers while enjoying the snow. This clinic will go through the fundamental process of building flourishing turns in a hands-on, experiential format! In this important and informative clinic, we will pool our experience and remember what it was like to learn to ski to be able to relate that to our students. This is also a great opportunity to improve your own skills and get feedback as we look at video in the afternoon to discuss what you are doing, what you see in the video and what to do next.



Clinic offered (FD)

Dec 3

Jan 7

Clinic Max: 10

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Introduction to Bi-Skiing

Bi-skis are our biggest and most curious pieces of adaptive equipment. A *newly formatted* clinic which will focus on the hands-on introduction to bi-skis. Ample time will be spent exploring different models, all the moving parts, specific disabilities and clients that succeed in the equipment. We will learn how to safely load, offload, and seat assist the equipment on beginner terrain.

Clinic offered (FD)

Dec 18

Clinic Max: 8



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Understanding Autism

An exciting opportunity to learn from regional specialists at the forefront of working with individuals on the Autism Spectrum. They will present this indoor session focused on defining ASD as well as tactics to motivate, communicate and redirect behavior in a ski lesson at TASP.

Clinic offered: INDOOR

TBA



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Youth Volunteer Training Clinic

We love our youth volunteers too!! This clinic is specially designed for just those folks. In a fun and hands on setting, a more condensed version of our new volunteer instructor clinics designed to fit into busy school schedules and specially catered to youth. This is open to local as well as visiting youth volunteer instructors.

Clinic offered: (9:30-1:30)

Dec 20

Clinic Max: 6



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Skiing “Over the Hill”

“Ski smarter, not harder” - Believe it or not, we don’t just teach kids here at TASP. Our adult clientele numbers grow by the season, a demographic that too holds unique attributes in learning and loving skiing. 50 and over will be our focus, all ages welcome to attend.



Clinic offered (FD)

Dec 10

Jan 15

Clinic Max: 10

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Improve Your Bump Skiing

Back by popular demand, an opportunity to ski with one of TASP's senior staff to develop and improve your bump skiing. We all love to hate bumps until we love to love them. This clinic will dive into proper techniques and personalized feedback to build your bump skiing prowess.

Clinic offered: (FD)

Jan 14 (Intro level)

Jan 28 (Intermediate/Advance level)

Clinic Max: 7



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NEW

Hands-on Mono Ski Buddy Clinic

This clinic is a great way to dive into working with mono skiers. It is a hands-on training providing an overview of mono ski equipment, the role of a ski buddy, how to help someone load/unload, what to do if someone falls, etc. Skiers and Snowboarders welcome!

Pre-requisite: Intermediate to Advanced Skiers and Riders (comfortable on blue/black terrain)

Clinic offered: (FD)

Feb 4

Clinic Max: 6



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Working with Disabled Veterans

Our disabled military population deserves the most empowering experiences possible while they are at TASP. Join a Wounded Warrior Project staff member and peer mentor for an insightful approach to the nuances for working with disabled veterans in a recreational setting.

Clinic offered: **INDOOR**

Dec 12 (5pm – 6pm)



This clinic is entirely **INDOORS**
and meets at the [Summit Office](#)

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-REVIEW & SKILLS PRACTICE CLINICS-

Skier Improvement

“If you are not smiling, you could be doing it better!” A mantra we like to share at TASP and let’s face it, we can all use a tune-up and refresher to our own skiing. Senior clinicians at TASP will share their best pointers to you for a more efficient day sliding down the hill.

Note: specific clinic dates are separated for beginner to intermediate skier levels (green and early blue terrain) and those who are a bit more intermediate to advanced (solid blue to black terrain)

Clinic offered (FD)

Dec 11 (beg/int)

Dec 17 (int/adv)

Jan 7 (beg/int)

Clinic Max: 10



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2nd Year Assistant Instructor Review

Your first year at TASP has passed and here we are, another season! We at TASP know the first year of training and volunteering can be overwhelming while at the same time extremely rewarding. In this clinic we will cover the finer points of TASP building on your experience from last year, reviewing learning progressions, equipment and gain insight to your first year challenges. Please come with the question in mind, “OK, so what is the deal with...?” or “How do you...?”

Clinic offered (FD)

Clinic Max: 10

Dec 4



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NEW

Intro to Bi-ski Tethering

A newly added clinic designed for those who are interested in learning to tether bi-skis. Learning to tether takes dedication and a lot of time practicing. This clinic a great place to start and will cover an introduction to the basic tethering techniques on green terrain, with hands-on practice. Designed as a developmental first step to smoothly and safely tethering bi-skis. Please note: will involve some lifting.

****Pre-requisite:**

***'Introduction to Bi Skis'** within past two seasons
And a previous Stand-up Tether Clinic***

Clinic offered (FD)

Dec 20

Clinic Max: 6



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Stand-Up Skier Tether Practice

Intended as a hands-on experience, this clinic will give you more practice time on utilizing tethers safely and effectively. You will be given the chance to lead, assist, and role play the student in this skill validating clinic.

***Pre-requisite: Returning Instructor with approval from TASP
or New Instructor with successful completion of ['Practical New Instructor Training'](#)*

Clinic offered (FD)

Dec 10

Jan 3



Clinic Max: 6

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Adaptive Snowboard: **Equipment and Techniques** **Extravaganza**

(SKIERS ENCOURAGED TO ATTEND!!!)

This clinic focuses on specific adaptive snowboard equipment, teaching techniques and necessary personal skier/rider skills to enable our students to be successful, independent riders. Think you are not a snowboarder? That's OK, over half our adaptive snowboard lessons are best taught from skis! Join us for a great beginner to intermediate student focused adaptive riding experience.

Clinic offered (FD)
Dec 18

Clinic Max: 10



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NEW

Bi-Ski Seat Assist Practice

This clinic will give each instructor a full-day of loading, offloading, and seat assisting practice of bi-skis on green terrain. In addition to the technical skills, we'll discuss teaching techniques. If you find yourself on these kinds of lessons a lot but feel rusty or you want to boost your skills up to be utilized more, join us for this one!

Returning instructors shall have taken a bi-ski clinic within the past two seasons, new instructors shall have taken 'Introduction to Bi Skis' this season

Clinic offered (FD)

Jan 8



Clinic Max: 6

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TASP Staff Contact Information

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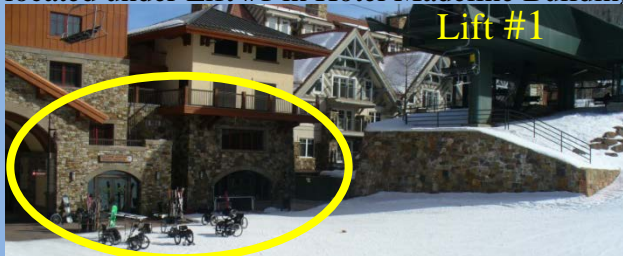
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TASP BASE Office Location

(On Snow clinics meet here)

located under Lift #1 in Hotel Madeline Building

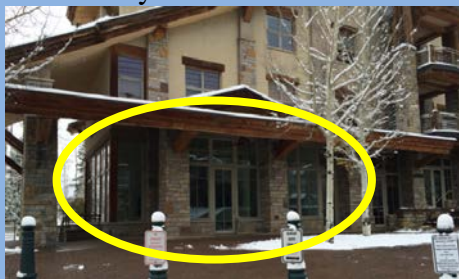


click [here](#) for link to office location

TASP SUMMIT Office Location

(Indoor clinics meet here)

As you stand in the Blue Mesa Parking area, look to your left and you will see Summit Office.



click [here](#) for link to office location

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**Thank you for your support
of TASP. We could not
operate such a successful
program without the
dedicated help of our
volunteers and staff.**



**Looking forward to a
GREAT SEASON!!**

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