

Skiing from the Snow Up

Techniques, Tactics and Biomechanics

Presented by Ron LeMaster



Two, 3-week courses:

Tuesdays, 7:00 - 9:00 pm

Part I - Oct. 2, 9, 16

Part II - Oct. 23, 30, Nov. 6

Open to all. Non-PSIA members welcome

PSIA National Offices, Lakewood, CO
PSIA-RM education credit available

Skiing from the Snow Up

Techniques, Tactics and Biomechanics

Course Description

This course is an in-depth look at the what, why, and how of skiing, connected to what you feel when you ski and what you do and say when you teach. You will come away with an understanding of how the snow, our equipment, and our bodies work together to create the experience of skiing. That understanding will help you improve as a skier and instructor, and if you're pursuing PSIA certification, give you a leg up on the process. The course is open to the public. Non-PSIA members are welcome.

Topics Include

- The basic forces and pressures of skiing, and how they relate to our experience of skiing itself. Where they come from and how we balance against them.
- The mechanics of how skis hold, slip, carve, and steer themselves
- Detailed analysis of techniques at all skill levels, and how tactics and terrain determine the techniques to use
- How boots demand that skiers use movement patterns specific to skiing. The biomechanics of canting and other aspects of boot setup.
- Mapping the mechanics and techniques of skiing into PSIA's 5 Fundamentals
- Teaching methodology vs technical understanding: How to talk about skiing and work with skiers

Registration

Parts I & II

Part I is not a prerequisite for Part II. However, the material in each session builds on the previous sessions, and the material in the first session is referenced in all the others. An understanding of the material in Part I of *Ultimate Skiing*, by Ron LeMaster, will be helpful for those who can't attend the first session.

PSIA-RM Credit

Up to 12 hours of PSIA-RM education credit is available. PSIA-RM grants 2 hours of PSIA-RM education credit for each class session, subject to a PSIA-RM administrative fee of \$70. For information on how to apply for credit and the administrative fee, see information [here](#).

Class Size

Class size will be limited to 25

Cancellation Policy

A full refund will be made for cancellations received at least one week prior to the start of class (Sept. 25 for Part I, and Oct. 16 for Part II).

Having Trouble Registering?

If green buttons reading "Add to Cart" do not appear below or they don't work, go to www.ronlemaster.com/stb-signup.html to register.

Questions?

Please send a note to info@ronlemaster.com

This announcement and information updates can be found at www.ronlemaster.com/stb.html

Part I	\$80
Part II	\$80
Parts I & II	\$140