

Teaching Clinics

ATS-American Teaching System (Ski)

This clinic focuses on introducing a skiing progression (wedge or straight to skidded parallel turns) within the beginner zone (L1 to L3). It also touches on safety for students and instructors, groups will discuss the Skiers Responsibility Code and Challenge Accident Procedures. Many of us who learned to ski and snowboard at a young age intuitively know how to get down the mountain; this clinic helps us put these actions into words for students to understand.

ATS-American Teaching System (Snowboard)

This clinic will walk you through the technical and linear progression of a Never Ever to their first linked turns. It will focus on performance concepts (how the board interacts with snow) and go into depth how to isolate movements in a never-ever snowboarder. It also touches on safety for students and instructors; groups will discuss the Skiers Responsibility Code and Challenge Accident Procedures.

BoT: Bag of Tricks (Ski and Snowboard)

Bag of Tricks (BOT) are the means you use to get participants through the ski/sb progressions you learned in ATS 1. Instructors often must adapt their lessons to every individual and will often have to try different things throughout the lesson until they find something that works. BOT includes an alternative set of activities/games that help you to "trick" your participant into learning as well as different drills, skills, and assistive equipment.

ATS + BoT Combo (Ski and Snowboard)

A great clinic for volunteers who are looking to review ski or snowboard fundamentals and learn about new games/ drills.

Instructor Essentials (Anyone)

This is the "nuts and bolts" clinic of how a typical day at Challenge flows and includes some of the policies and procedures for working with participants at Challenge. It can be conducted either in-house at our Chalet in Girdwood, or online via Zoom. It will cover topics including lesson times, expectations, do's and don'ts, volunteer perks, techniques for working with students with disabilities, ethical considerations, and more.

Returners Refresher/RR (Ski and Snowboard)

This is an online clinic for returning instructors only; it covers a brief refresher on Challenge Alaska policies and procedures, as well as any updates to the season from the previous year.

Returner Refresher: Ski du Jour (Ski Only)

This clinic is for returning instructors only: it covers a brief refresher on Challenge Alaska policies and procedures, any updates to the season from the previous year, and allows the group to shape the day as everyone heads out onto the snow to work on a variety of skills and progressions with an experienced clinician.

Returner's Refresher: Skills & Drills + ATS 1 Combo (Ski and Snowboard)

This clinic is for returning instructors only; it covers a brief refresher on Challenge Alaska policies and procedures, any updates to the season from the previous year. It also covers the beginner progressions while mixing drills and skills into each step. This is a great refresher for returners, an awesome addition for new instructors, and required if you want to take the Alpine 1 PSIA Camp. **Prerequisite: ATS 1**

ATS 2 (Ski and Snowboard)

This clinic goes into detail about teaching ski lessons to students in the Intermediate to Advanced zone. It works on fine movements, accuracy, and performance while utilizing more of the mountain. This is an excellent clinic for instructors who want to know what's next after the beginner zone with your student. **Prerequisite: ATS 1**

Direct to Parallel (Ski Only)

Want to learn how to teach your student a direct path to parallel and skip the wedge progression? This is a great tool to have in your teaching bag for when the right situation comes up! On occasion, you'll be faced with a student who has the capability to go straight to "French fry" without ever taking a bite of pizza.

Working With Veterans (Anyone)

Learn some of the most important things to consider when working with Veterans on the snow. Many of the things discussed and practiced will help you be more aware and sensitive when working with someone in the military, both while skiing and in day to day life.

Intro to Autism (Anyone)

This clinic will give you a great diving board into working with people who have Autism. Learn more about diagnosis, how to teach on hill, how to communicate, and get some great tips to help you and your students understand and succeed with each other.

Shop Maintenance/Ski Waxing (Anyone)

Learn how to wax your own skis, and some of the do's and don'ts of Challenge Alaska's ski shop. Required for anyone who wants to utilize Challenge's space, tools, and wax for free to maintain their own equipment, or for anyone who wants to volunteer as a shop tech.

Jumping From Shadow to Lead (Ski and Snowboard)

This clinic is designed to help individual instructors gain more skills and knowledge so they can jump from a shadow to a lead instructor. Build confidence, ask questions, and practice on the hill.

Personal Improvement

Personal Improvement: DIRT Focus (Ski Only)

DIRT tactics: Duration, Intensity, Rate, & Timing. Learn how to apply these tactics within your movements as a skier. We will discuss what each tactic means in addition to how to apply each within your skiing.

Personal Improvement: Carving Clinic (Ski Only)

Learn how to carve like a pro. Discussion and practice will center around edge control, shifting weight, body positions and timing. Bring your skinny skis and rip some groomers!

Personal Improvement: Intermediate Ski & Snowboard

The focus and location of this clinic will differ. It will focus on a teaching topic required of Level 2 PSIA/AASI Certification candidates. It will also provide an opportunity for personal improvement for Challenge instructors. This will be a great opportunity to have fun and learn ways to improve your skiing/ snowboarding skills in various conditions, while more experienced Challenge Alaska instructors prepare for PSIA exams.

Prerequisite: Intermediate skiers/snowboarders and above only (Chair 4)

Personal Improvement- Advanced Ski or Snowboard

Want to improve your skiing or snowboarding skills? Join us in a clinic specifically helping YOU become a stronger and more confident skier. Conditions will dictate the day. **Prerequisite: Advanced skiers only (Chair 6)**

Personal Improvement: Bump Skiing Tip and Tricks (Ski Only)

Explore the mountain and introduce a bumps/mogul skiing progression w/ different tactics to improve your bumps/mogul skiing. **Prerequisite:** able to ski upper mountain (Chair 6) and off trail conditions.

Personal Improvement: Mastering the Fundamentals (Ski Only)

Bring it back to square one; this clinic is a favorite of many volunteers. Focusing on teaching intermediate to advanced skier's fundamental skills that they may have glossed over during their own progression, this clinic will help you become a stronger and more confident skier.

Personal Improvement: Learn to Ski for Snowboarders

Have you been curious about what it's like to be a two-plunker? Pick those knuckles up off the ground and come learn how to shred with both feet.

Personal Improvement: Learn to Snowboard for Skiers

Ever wanted to experience the joy of powder turns on a snowboard? Do you get off the lift on your skis and think "Man, I really wish I had to bend over and strap something in to my foot." Join us to learn how to carve with your feet facing sideways.

Personal Improvement: Powder Tips and Tricks (Ski and Snowboard)

Learn how to shred the fluffy stuff confidently. Conditions dependent.

Adaptive Skills

Tethering 1 (Ski Only)

Learn to tether stand up skiers on beginner terrain. We will go through footwork, terrain selection, emergency stopping, chair procedures, and lots of milage. Tethering is a powerful adaptive tool to have in your box for the right student, that allows you to control the students turns from behind with long tethers while also providing space for them to initiate turns and engage their legs.

Tethering 2 (Ski Only)

Build on the foundations of Tethering 1, and focus more on teaching techniques to use while tethering a student. **Prerequisite: Tethering 1 or some tethering experience.**

Bi-Ski 1 (Ski and Snowboard)

Learn to safely load and unload Bi-Ski's onto and off chairlifts, ski with a Bi-Ski through a technique called bucket assisting, and other considerations while on a Bi-Ski lesson. Both skiers and riders welcome! Bi-Skis are an adaptive tool that allow participants with lower body mobility impairments to learn how to ski while assisted, and are often the stepping stone to independent skiing on a Mono-Ski.

Teaching Bi-Ski Independence (Ski and Snowboard)

This clinic will start with teaching outrigger usage as we bucket assist a bi ski. This is the first step in learning how to teach bi-ski students who want to work towards independent skiing on bi or mono-skis. From there we will work on tethering bi-ski in green to light blue trails on the mountain. **Prerequisites: Confident bucket assist, Bi-Ski 1, Tether 1**

Mono Ski 1 (Ski and Snowboard)

An introduction to working with students who would sit ski using a mono ski. Learn about basic equipment, fitting your student, safety procedures, your role as a shadow instructor, and some of the focuses of initial on snow lessons. Mono-skis are a piece of adaptive equipment utilized by independent skiers with lower body mobility impairments. Mono-skis are often custom built to fit the skiers body, and are steered using outriggers.

Mono Ski 2 (Ski and Snowboard)

Learn how to teach a mono skier how to slide on the snow, starting from the flats and working towards linked round turns in a safe and controlled manner. Option to get in and ski the mono ski. **Prereq: Mono Ski 1 or staff approval**

Snow Slider 1 (Ski Only)

Learn how to safely setup, load, unload, and teach someone that utilizes a snow slider. Snow Sliders are a stand-up piece of equipment for a skier that resembles a walker but has skis on it.

3-Track and 4-Track 1 (Ski and Snowboard)

Learn how to instruct skiers and snowboarders who utilize outriggers for stability and steering instead of poles, often used by skiers who will be skiing only or heavily relying on the strength of one leg.

Beginner Blind/VI Guiding (Ski and Snowboard)

This clinic gives you the basics for guiding individuals with visual impairments and blind skiers around the lower mountain. The clinic starts inside, focusing on experiential learning as the group learns firsthand what it's like to get geared up to ski with a visual impairment. Later in the day, the clinic moves on to practicing command style guided linked turns on Chair 3. This is a great starter clinic for anyone who is taking the VI/COG cert.

Intermediate Blind Guiding/Up Your Game (Ski and Snowboard)

A great second step for those who have shadowed a few VI lessons or taken Beginner Blind Guiding, or a great brush up for any instructors working towards their Adaptive 1 Certification.

ASL for Skiers (Ski and Snowboard)

Learn from Challenge Volunteers some key ASL vocabulary, considerations, and etiquette for teaching a lesson to a student who is deaf/hard of hearing.

Indoor Sit-Ski Setup (Anyone)

An indoor clinic focusing on in-depth assessment, equipment choice, and setup for anyone that sits down and skis. We will look at both mono and bi skis in a variety of orientations, padding and strapping participants, considerations based on mobility, and more.

Movement Analysis (Anyone)

This is an indoor clinic offered focus on teaching instructors how to interpret the movement of students and their skis and apply it to problem solving for students and instructing.