



MHS Training Information 2009-2010

Training information for the 2009-2010 season is included in this packet. Please sign up for training clinics and return the Training Application to MHS as soon as possible. Clinics are filled on a first come, first serve basis. **Please list your first and second choices of clinics by marking a 1 or a 2 beside the clinic names with the desired date.** Confirmation of training clinics will be sent by mail. All clinics are a full day from 9:00am-4:00pm.

Please select the clinics at the area at which you plan to instruct, whenever possible (i.e. Sunday River or Sugarloaf). Descriptions of clinics can be found in this packet. If you plan on instructing in more than one program (i.e. downhill and cross country) you must take a skiing clinic and an adaptive training in both. If you are able to take your training midweek it will lessen the overcrowding of clinics on weekends.

****First year volunteer instructors need to attend (preferably in order):**

New Volunteer Orientation, Principles of Skiing and an adaptive clinic of your choice; Adaptive Ski Teaching Techniques being the most comprehensive.

****Returning volunteer instructors need to attend:** Principles of Skiing and an Adaptive Clinic.

New Volunteer Orientation

Includes who we serve, policies and procedures, programs available, discussion of disabilities seen at MHS, some common characteristics and etiquette in dealing with people with disabilities, a chance to see different types of adaptive equipment and the disabilities associated with each. **This is an indoor session held only at Sunday River Ski Resort required for ALL first year volunteers.**

Any volunteer may attend more than the minimum clinics required as long as there is space available. Just make that known on the training application. If you have any questions about any part of the training, please call the MHS office at

207-824-2440 or email jsullivan@skimhs.org

Please return completed forms to:

Maine Handicapped Skiing

8 Sundance Lane

Newry, Maine 04261

or fax at 207-824-0453

If you email this back, please save a copy and then email that to schedule@skimhs.org. If you just email directly from the website it will not save your information.



2009-2010 MHS Training Application

Name _____ Phone # _____

Check all that apply: Alpine Cross Country Snowboard

Sunday River Ski Resort

New Volunteer Orientation

***Required for First Year Volunteers:**

(Please check one)

- Sat, Nov. 7
- Sat, Nov. 21
- Fri, Dec. 4
- Tues, Dec. 29

Principles of Skiing – POS

- Mon, Nov 16 _____
- Sun, Nov 22 _____
- Mon, Nov 23 _____
- Mon, Nov 30 _____
- Mon, Nov 30 _____ with video

December

- Sat, Dec 5 _____
- Mon, Dec 7 _____
- Tues, Dec 8 _____
- Sat, Dec 12 _____ RVW (see insert)
- Tues, Dec 15 _____
- Sat, Dec 19 _____

Adaptive Skiing Clinics

November

- Tues, Nov 10 _____ **INDOOR EXPLORER**
- Mon, Nov 16 _____ ASTT
- Fri, Nov 20 _____ Outriggers
- Sun, Nov 22 _____ ASTT

December

- Thurs, Dec 3 _____ Slider
- Thurs, Dec. 3 _____ Tethering 101
- Thurs, Dec 3 _____ Kidski
- Sun, Dec 6 _____ ASTT
- Sun, Dec 6 _____ Blind Guiding
- Mon, Dec 7 _____ Mono/Dual Ski

Adaptive Skiing Clinics, cont.

- Tues, Dec 8 _____ Kidski
- Tues, Dec 8 _____ Stand UP Tethering
- Fri, Dec 11 _____ Bi -Ski
- Fri, Dec 11 _____ Tethering 101
- Sun, Dec 13 _____ RVW(see insert)
- Mon, Dec 14 _____ Outriggers
- Mon, Dec 14 _____ Stand Up Tethering
- Tues, Dec 15 _____ ASTT
- Fri, Dec 18 _____ Slider /Ski Bike
- Fri, Dec 18 _____ Bi-Ski
- Sun, Dec 20 _____ ASTT

Snowboard *training at Sunday River only

- Sat, Dec 5 _____ Principles of Snowboarding
- Sun, Dec 6 _____ Adaptive Snowboard Techniques
- Sun, Dec 6 _____ Snowboarding & Sit Down Equip.

Sugarloaf

- Sat, Dec 12 _____ POS
- Sun, Dec 13 _____ Sit down Skiing
- Sun, Dec 13 _____ ASTT
- Sun, Dec 13 _____ Blind Guiding
- Sun, Dec 13 _____ Slider

Sunday River Cross Country Center

- Sat, Dec 19 _____ POS XC
- Sun, Dec 20 _____ Adaptive XC
- Mon, Dec 28 _____ POS XC
- Tues, Dec 29 _____ Adaptive XC

Make Up Training

Need permission from Program Director to join

Sunday River- Sat, Jan 2 – 9

Sugarloaf – Sat, Jan 2- Sun, Jan 3

Cross Country – At the discretion of Coordinator

Mail to: Maine Handicapped Skiing, 8 Sundance Lane, Newry, ME. 04261 or Fax to: 824-0453

Or email a saved copy to schedule@skimhs.org

Maine Handicapped Skiing

❄️ **Returning Volunteer Weekend** ❄️

December 12– 13, 2009

Come to Sunday River, see old friends and experience a weekend of diverse and interesting training in both personal and adaptive skiing. All clinics on Saturday qualify as POS clinics and all Sunday clinics are adaptive, this 1 weekend will satisfy your training requirement.

Get your application in early and reserve your spot in this limited space weekend.

Name: _____ Phone# _____

*Please number the clinics for each time period in order of preference.

TIME	SELECT 1-2-3	SATURDAY DEC. 12	SUNDAY DEC. 13	SELECT 1-2-3
9:00 – 12:00		Make it Fun	Stand Up Tethering	
9:00 – 12:00		Fun With Bumps and Terrain	Methods of Blind Guiding	
9:00 – 12:00		Ski and See	Slider	
12 – 1:00	Select 1-2-3	Lunch	Lunch	Select 1-2-3
1:00 – 4:00		Fun with Bumps and Terrain	Blind Guiding on Intermediate Terrain	
1:00 – 4:00		Skills and Drills	Slider	
1:00 – 4:00		Ski and See	Teaching the Mono-ski	
4:00 – 4:30			Thanks for Coming !	Drive safe!

**** OR..... Immerse Yourself in a**

RETURNING VOLUNTEER "TOTALLY TETHERING" WEEKEND

TIME	CHECK BELOW	SATURDAY, DEC 12	CHECK BELOW	SUNDAY, DEC. 13
9:00 – 12:00		POS for the Tetherer		Tethering for Sit Down
12 – 1:00		Lunch		Lunch
1:00 – 4:00		Skiing Skills for Tethering		Tethering for Sit Down

Work in small groups for the entire weekend with experienced volunteers to begin tethering or advance the skills you have now. Open to any returning volunteer with upper intermediate skiing skills and a desire to concentrate on sit down participants.

See reverse side of page for clinic descriptions

Returning Volunteer Weekend

Clinic Descriptions

POS CLINICS ON SATURDAY

MAKE IT FUN How to teach without preaching, keeping it fun and playful with tips, tricks and games. Hide your teaching inside a game or fun activity.

SKI AND SEE POS with a video camera. On hill clinic participants will run through the principles of skiing while being filmed and then come inside to assess and suggest corrective measures.

FUN WITH BUMPS AND TERRAIN Get comfortable with a variety of terrain choices and learn to have fun with them. Explore how terrain can help your participant with skill building and progressions.

SKILLS AND DRILLS Exchange and gather exercises for edging, balance, speed control and more. This interactive clinic will focus on sharing drills with others in the clinic and trying them out for effectiveness and success.

ADAPTIVE CLINICS ON SUNDAY

BLIND GUIDING The number of blind and visually impaired participants is increasing. Sharpen your skills with this clinic. We will practice with various equipment and techniques to guide a visually impaired student. Terrain will vary with volunteers experience and skiing skills.

BLIND GUIDING ON INTERMEDIATE TERRAIN Take the skills from the morning clinic or from past guiding experiences and practice on intermediate terrain using the grid, clock and voice methods of guiding.

SNOW SLIDER Practice in small groups with the Snow Slider in this hands-on clinic. This clinic focuses on who could benefit from the slider and how to set the slider up for different scenarios. On snow, learn to ski with the slider from the beginner through using the lift and skiing advanced beginner terrain. On snow practice will include tethering, being tethered and using the lift.

STAND UP TETHERING This is **not** as hard nor does it take as much strength as you might think. It really is a skill that all volunteers should have, “**so be in the know**” and take part in this clinic. Practice tethering and being tethered with climbing belt and tethers.

TEACHING THE MONO SKI Participants will have the opportunity to focus on the particular characteristics of the mono ski and the participants who would use this equipment. Observe and participate in set up, lift loading and teaching progressions.

TOTALLY TETHERING

SATURDAY SESSIONS Morning and afternoon sessions are geared to skiing skills needed to properly tether in a way that is most efficient, and safe for the tetherer.

SUNDAY SESSIONS Morning and afternoon sessions will break into small groups to practice, practice, practice on hill with equipment.



Maine Handicapped Skiing 2009-2010 Season Training Calendar

**** All trainings are at Sunday River unless otherwise noted****

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November	2	3	4	5	6	7 New Volunteer Orientation
8	9	10 Indoor Explorer	11	12	13	14 Trainer, Advisor, Race Coach Weekend
15 Trainer, Advisor, Race Coach Weekend	16 POS ASTT	17	18	19	20 Outriggers	21 New Volunteer Orientation
22 ASTT POS	23 POS	24	25	26 Thanksgiving	27	28
29	30 POS POS – video	1-Dec	2	3 Slider Tethering 101 Kidski	4 New Volunteer Orientation	5 POS POS-SNB
6 ASTT Blind Guiding Adap. SNB SNB/Sit Down	7 POS Mono / Dual Ski	8 POS Kidski Stand up Tethering	9	10	11 Bi-Ski Tethering 101	12 Returning Volunteer Weekend POS Sugarloaf
13 RVW Sunday River At Sugarloaf: Sit Down Skiing ASTT Blind Guiding Slider	14 Outriggers Stand Up Tethering	15 POS ASTT	16	17	18 Slider/Ski Bike Bi-Ski	19 POS POS XC
20 ASTT Adaptive XC	21	22	23	24	25 	26
27	28 POS XC	29 New Volunteer Orientation Adaptive XC	30 	31	1-Jan	2

POS- Principles of Skiing ASTT- Adaptive Ski Teaching Techniques
RVW-Returning Volunteer Weekend (see insert for more information)

Make up Training: Sunday River (Jan2-9) Sugarloaf (Jan2-3) XC Program (at the discretion of the Coordinator)



ALPINE AND ADAPTIVE SKIING CLINIC DESCRIPTIONS

Plan to arrive by 8:30 to be ready for training at 9:00

PRINCIPLES OF SKIING – “POS” AND POS WITH VIDEO

These clinics will focus on brushing up on your personal skiing skills. We will review and practice the skills while following Professional Ski Instructors of America (PSIA) concepts. Each clinic will be broken down into three levels to meet the needs of the group; **new teachers, intermediate level and those who are ready to turn it on!**
Required for all Alpine volunteers.

ADAPTIVE SKI TEACHING TECHNIQUES – “ASTT”

This clinic focuses on the new teacher. Stand up adaptive equipment, student assessment and common disabilities seen at MHS will be discussed. On snow the group will work with beginner to intermediate progression while using tip retention devices, outriggers and explore the basics of stand up tethering. **Recommended for first year volunteers.**

BLIND/ DEVELOPMENTAL DISABILITIES

Review of basic DD, Cognitive, Autism, TBI and common two track characteristics. Basic student assessment and adaptive equipment will be included. On snow we will work on using aids and assists for the two track skier. For blind guiding we will use various equipment and techniques to guide a visually impaired student. Terrain will vary with volunteers experience and skiing skills. **The clinic is open to all volunteers.**

INDOOR ADAPTIVE EXPLORERS

This indoor clinic will explore the world of adaptive skiing and disabilities. We may review such topics as assessments, equipment fitting, disabilities and teaching progressions. This clinic will refresh your knowledge and embrace new information before heading out with your participants this year. Take advantage of the early date! **The clinic is open to all volunteers.**

KIDSKI

MHS has lowered the age limit to 4. In response to this, Kidski clinics will explore the developmental stages of children in relation to skiing, focusing on activities and teaching methods appropriate for children. **The clinic is open to all volunteers.**

OUTRIGGERS

Discussion of the types of disabilities associated with three and four tracking. Student assessment and choosing the right equipment will be addressed. On snow we will work with progressions through the advanced intermediate level. Stronger skiers and those with more experience may work on 3T or more advanced terrain. **The clinic is open to all volunteers.**

MONO, BI, DUAL OR TETHERING 101

*SIT DOWN SKIING

Discussion of disabilities associated with sit down skiing. We will explore equipment choice and fitting for the student's needs and goals. These clinics will also cover tethering skills at all levels. On snow we will go through the intermediate progression. For more advanced and experienced sit down volunteers we will explore more advanced terrain and all mountain skills and drills. **Volunteers must be high intermediate or above skiers/riders & be able to lift 100 pounds. Must have taught one full season with MHS or have permission from the Program Director.**

SNOW SLIDER AND SKI BIKE

Get in touch with the Snow Slider and Ski Bike through this hands-on clinic. This clinic focuses on who could benefit from the slider and ski bike and how to set the slider up. On snow we will learn to ski with and tether the slider on beginner and novice terrain, and teach lift loading and unloading. On snow practice with the ski bike will include tethering and lift loading. **Open to all volunteers with upper intermediate and advanced skiing skills.**

STAND UP TETHERING

Stand up tethering is not as difficult nor does it take as much strength as you think! Join this clinic and practice tethering a stand up skier with climbing belt and tethers. We will explore the slider on beginner and novice terrain, and teach lift loading and unloading. We hope more volunteers will gain proficiency in this skill this season. Take the challenge and try something new! **The clinic is open to all volunteers.**



CROSS COUNTRY CLINIC DESCRIPTIONS

Plan to arrive by 8:30 to be ready for training at 9:00

PRINCIPLES OF CROSS COUNTRY SKIING – “POS-XC”

This workshop is designed to be fun and high energy. You may learn and exchange ideas, as well as brush up your skiing at the beginning of the season. We will review and practice all techniques of classic cross country skiing, and teaching sequences.

Required for all Nordic volunteers.

ADAPTIVE – XC

Most of the day will be spent on snow in an informative, fun and challenging clinic which will cover sit skiing, blind guiding and snowshoe.

9:00 – 12:30

Sit skiing is great exercise and a great workout if you are interested in increasing your fitness and stamina, or simply sitting down for a while! We will learn about and discuss various types of disabilities and how they affect a sit skier. In the past this portion has been a high point of Nordic trainings, it is not necessary to be unusually fit or strong

1:30 – 4:30

To ski without sight requires courage and trust. In this segment we will experiment with skiing blindfolded, or with eyes closed. You will be able to practice both blind skiing and clear and confident guiding, as well as holds and assists used when skiing with blind, or visually impaired skiers. We will discuss vision impairments and appropriate etiquette when working with the blind or visually impaired.

Snowshoeing is over 6,000 years old. To walk (or run) through the woods and hills on snowshoes, is to step back in time. In many ways snowshoeing has changed very little, modern equipment is light and easier to put on, and keep on, than the beautiful, but cumbersome wooden snowshoes. On snowshoes you are able to explore places inaccessible even on skis, you can go anywhere, and this may be the reason many of our students love to snowshoe. Students say they feel free yet in control on snowshoes. We will practice various techniques and explore new terrain. **Open to all.**

SNOWBOARD CLINICS DESCRIPTIONS



PRINCIPLES OF SNOWBOARDING- “POS-SNB”

This clinic will assist you in your personal riding technique. We will follow the American Association of Snowboard Instructors (AASI) riding concepts and blend these skills into our own riding. From the basic turn to 180's and switch, we will challenge your skills and help you discover some new ones! Come and join in the fun!

Required for all Snowboard volunteers.

ADAPTIVE SNOWBOARD TEACHING TECHNIQUES - “ASTT - SNB”

What are the needs of an adaptive rider? Come and join us in this overview of adaptive equipment used in snowboarding. The group will focus on a review of disabilities, adaptive equipment and student assessment. On snow we will work with outriggers and various adaptations through the intermediate level. Ride on! **The clinic is open to all**

volunteers.

SNOWBOARDING AND SIT DOWN EQUIPMENT

If you are an upper intermediate or above rider and want to learn the techniques of tethering and working with sit down ski equipment from a snowboard, we will be working in small groups for plenty of hands on experience. You must be able to lift 100 pounds. **The clinic is open to all volunteers.**