



USSA Level 100 Alpine Ski Fundamentals On-Snow Clinic Outline and Schedule

This Level 100 Alpine Ski Fundamentals On-Snow Clinic is only a generalized schedule. It is subject to change depending on the instructor criteria, lift operation times, etc. Changes to the schedule will be sent via email to those registered for the clinic.

Day One

- 8:00am: Meet with instructor for introductions and registration
- 8:40-9:00am: Warm-up and Group Dynamics
- 9:00am-12:00pm: On-snow Fundamental 1 – Basic Skiing
-Drills & Key Coaching Points
- 12:00-1:00pm: Lunch
- 12:45-3:30pm: On-Snow Fundamentals 2 – Pole Plant, and Fundamentals 3 – Carving
Turns & Transitions
- 4:00-4:30pm: Break
- 4:30-8:00pm: Classroom Session
-USST Philosophy
-USST Coaching Methodology/Lesson Planning
-Ski Fundamentals Framework
-USST Fundamentals
-Q&A

Day Two

- 8:30am: Meet with instructor and other clinic participants
- 9:00-9:30am: Review day one
- 9:30-10:30am: Fundamentals Area 4 – Gliding
-Drills & Key Coaching Points
- 10:30-11:30am: Fundamentals Area 5 – Jumping & Terrain
-Drills & Key Coaching Points
- 11:30am-12:30pm: Finish drills and review clinic
- 12:30-1:30pm: Wrap-Up