



## USSA Level 300 Slalom Technique & Tactics On-Snow Clinic Outline and Schedule

*This Level 300 Slalom Technique and Tactics 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
9:00-10:00am:	Stance & Balance
10:00-11:00am:	Carving
11:00am-12:00pm:	Upper Body
12:00-1:00pm:	Lunch
1:00-2:00pm:	Rhythm and Timing Relative to the Fall-Line
2:00-3:00pm:	Tactics
3:00-4:00pm:	Distribution of Assessment Forms
4:00-4:30pm:	Break
4:30-8:00pm:	Classroom Session
	-Review
	-Slalom DVD Review

### Day Two

8:30am:	Meet with instructor and other clinic participants
9:00-9:30am:	Set Slalom Course
9:30-11:00am:	Athlete run slalom course
11:00am-12:00pm:	Athlete Stance & Balance Analysis
12:00-12:30pm:	Lunch
12:30-1:10pm:	Athlete Carving Analysis
1:20-2:00pm:	Athlete Upper Body Analysis
2:10-2:50pm:	Athlete Rhythm & Timing Relative to the Fall-Line Analysis
3:00-3:40pm:	Athlete Tactics Analysis
3:45-4:30pm:	Feedback and Wrap-Up