

## **Index of Training Material – 2022-2023**

- 1-Clients – Developing Long Term Relationships.pdf (*short paper*)
  - 2-Taking the Woo Woo out of Learning.pdf (*short paper*)
  - 3-Bare Essentials - Cheat Sheet.pdf (*one page summary/cheat sheet*)
  - 4-Beginner skiing class progression cards.pdf
  - 5-Anatomy of a turn 06-2009.pdf (*old but goodie with photos*)
  - 6-MSSA Study Guide-Workbook - Level 1 Certification-2022.pdf (*long and thorough for the curious and conscientious*)
  - 7-Movement Analysis Feedback Sheet.pdf (*useful checklist sheet to get you going*)
  - 8-Learning-Teaching-Technical Skiing Thoughts 01-2020 Draft.pdf (*in depth with neuroscience concepts on learning*)
- old psia manual.pdf (*from some really old PSIA manual... things haven't changed that much and it's not that "right" either...*)

### **Technical Making Sense Series**

- 1-Making Sense - Where do You Stand.pdf
- 2-Making Sense - Edging.pdf
- 3-Making Sense - Outside Ski.pdf
- 4-Making Sense - Steer Your Skis.pdf
- 5-Making Sense - Two Footed- Moving Foot to Foot.pdf
- 6-Making Sense - Finishing a Turn.pdf
- 7-Making Sense - Your Lower Back.pdf
- 8-Making Sense - Guiding Your Upper Body.pdf
- 9-Making Sense - Hips and Feet Lined Up.pdf
- 10-Making Sense - Moving into a Turn.pdf

### **Video - One of Many**

Japan 2019 Interski Bulgaria.mp4

