

SKI DEVELOPMENT & NATURAL LEARNING

The purpose of this clinic is to serve as an introduction, a perusing of the table of contents, so to speak, of learning to apply some more recent learning concepts. There is more, but this is a beginning that will provide you with a framework you can immediately start to explore and use.

During the on-snow portion, there will be lots of skiing with active engagement (much talking by the participants) using a facilitated experience driven learning format - questions about what you are doing, why, what do you think you should be doing, etc., open, friendly, with the articulated goal of being beneficial to everyone, promoting learning - humility and curiosity. Indoors sessions will review some of the more recent advances in learning theory and psychology. Everything will be aimed at helping the participants become better facilitators of learning, as well as improving their own skiing!

What are most skiers concerned with? - *Where are you going and how fast.* This will be a central theme - what most skiers are concerned with.



There are two areas of background information, the technical domain and the learning domain. Then there is the domain we live and work in, the 'lesson', clinic, workshop or whatever label is being applied. This is the time with the client, the learner where the 'instructor' facilitates learning. (Some have called this facilitated experience driven learning.)

I. TECHNICAL DOMAIN

3 Areas of Background Knowledge

1. Ski/Board

Point/aim, tip and stand on it (balance!) - Skills Concept

2. Body

Foot is a tripod

Knee is a hinge joint

Hips lined up with feet

Turn table at waist

Round back

Hands

Balance all the time

3. Physics

Gravity and friction

Surf gravity! Stay loose, go there, go with the force!



II. LEARNING DOMAIN

4 Areas of Background Knowledge

1. **Anoetic consciousness**, aware, attention (play, emotions)

2. **Chaos/Order** *Right hemisphere designed to deal with chaos (play)*

3. **Two approach systems when encounter chaos**, the unknown. Either predator/prey system dominated by fear, cortisol with all systems turned on and ready... Or our voluntary approach system where we approach the new, the unknown, the chaos with curiosity, and a target for incremental change, flow state, play (*What you don't know is more important than what you do know.*)

4. **Aim/External focus / Open skill** (positive emotions come from dopaminergic system when you perceive progress towards a valued goal (play))

Stay loose, go there, go with the force!



III. FACILITATED/TOGETHER LEARNING CYCLE The Community!!



1a. Do/Ski → Experience (Anoetic Consciousness)

1b. Aware → Feel the Experience (Anoetic Consciousness)

2a. Learner shares → processes, their experience = their gut 'internal report', in their words and non-verbal communication (trust relationship helps learner talk honestly, instructor listens)

2b. Learner provides starting place, and subsequently, the next direction, for targets, aims, goals, as well as 'language', words

3. Instructor helps by providing and developing learner's focuses based on learner's awareness of their experience via questions and suggestions



4. Play together, communicate - flexible and adjusting targets - ski/do, aware, talk (learner: instructor talk ratio 1:1)

∞. **Emotions are over arching**, freely shared and expressed - progress towards targets celebrated and cheered

