

Stepping Stones for Developing Parallel Skiers – No Wedge Here!

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Sometimes a direct approach to parallel with the omission of the wedge allows for better short and/or long term success for skiers with physical or cognitive diagnoses. Practice this progression so that you will have it in your back pocket next time you choose to avoid teaching the wedge.

Why the parallel approach?

Discuss candidates

Equipment considerations

Terrain choices

Pre mountain activities – skis off

Flexing and extending movements

Tipping the feet and legs

Turning the feet and legs

One ski activities – examples

Scootering, gliding

Fulcrum turns

Two ski activities – on flat terrain – examples

Pushing forward

Skating

Sidestepping

Stepping in circles

Two ski activities – on an incline – examples

Straight run

Straight run with flexion/extension

Straight run stepping ski to ski

Traversing

Traversing with small steps uphill to a stop

Tipping garlands

Teaching the guided wedge before the chairlift

Turning skis vs pushing

First parallel turns without stepping – example activities

Shuffle feet

Rolling ankles into hill

Look where you want to stop

Linking turns – example activities

Start with ankle movement to release edges

Tipping feet, ankles, and lower legs to turn

Focus on rhythm and flow