



## NZSIA Ski

### Trainer Certification Outline

The NZSIA qualifications are recognised internationally as some of the best in the world.

The NZSIA Examining Team comprise the most talented Ski trainers in New Zealand and it is our job to make sure you as the candidates have the best possible shot at successfully completing this course.

We aim to provide a fun, friendly educational environment that is non-threatening. If you have any problems with another candidate or your Examiner don't hesitate to approach me.

The following information is important, keep it handy during your course.

#### **What you need to bring everyday:**

- Your skis and boots. These should be well maintained and tuned. Have these kept off the mountain for the four days in case of a change in ski area due to weather.
- Helmets are highly recommended for all NZSIA courses
- Warm waterproof clothing including beanie and gloves. You'll be outside for all days of the Workshop and Exam (if the mountain is open) for up to 6 hours per day.
- Sunglasses/goggles and sun cream.
- A packed lunch or lunch money.
- Money for lift tickets. Some participants may be eligible for discounted lift tickets during courses. Please inform the Ski Course Manager if lift tickets are required.
- A notebook & pencil to take down notes/important points.

My cell phone number is 027 249 1765 and is for **URGENT** calls only please.

Good luck.

Stephanie Brown - NZSIA Ski Course Manager

## Administration Matters

All matters concerning registration, payments etc. should be referred to the admin office.

NZSIA exam process has been developed to ensure that each candidate is assessed in as fair and equitable manner. We appreciate feedback and you are encouraged to complete the evaluation forms provided on line after each course.

If you wish to personally discuss your results or any other matter relating to the course please contact the Ski Course Manager or write to NZSIA at the address below.

Email: [admin@nzsia.org](mailto:admin@nzsia.org) Phone: 03 4511534

## Lift Tickets

Some participants may be eligible to apply for discounted lift tickets during courses. Please inform the Course Manager if lift tickets are required.

## Daily Procedure

The days start at 9am when we meet at the designated meeting area at the bottom of the mountain. Meet on snow ready to ski -Meeting locations are as follows:

**Coronet Peak** - Outside on the café Deck near the clock

**Remarkables** - Outside uphill side of main building on snow to left of the deck

**Cardrona** - In front of the archway, uphill side

**Treble Cone** - Base of the six pack

For information on Overseas Courses click [here](#)

## Closed Days

If the mountains are closed gather at the designated meeting point at 9:00am. An indoor session will be organised and a full day's content covered. Locations are as follows:

**Wanaka** - Cardrona town office cnr of Helwick and Dunmore St

**Queenstown** - The Station building (corner of Camp St and Shotover St)

If the mountain opens during the day we will try to get up the hill but this is sometimes impossible due to transport issues. Please have your equipment off the mountain in case.

## Fitness, Incidents and Accidents

Our Ski Certifications are intensive courses of skiing and learning.

It is therefore important that you are physically fit and in good condition to be able to take full advantage of the training and education provided and to perform at your best for the whole period.

Hence, if you are/or become physically impaired/injured please bring this to the attention of the Ski Course Manager. A solution at this point will be advised. In the interest of safety and fairness to yourself and others the advice will most likely be to withdraw from the course. If you choose to continue against the advice of the Ski Course Manager there can be no recourse on the NZSIA.

Safety is our number one concern. Please report any incidents/accidents to your examiner or directly to the Ski Course Manager with facts, witnesses, location etc.

## **Safety Policy**

NZSIA exams will require you to ski on a variety of terrain and conditions and complete specific tasks on snow. If at any time you feel unsafe or at risk of injury you should tell your trainer that you wish to opt out of the particular task. Depending on the situation this may affect the results of your examination.

Course participants should be aware of and follow the **Snow Responsibility Code** at all times: <http://www.nzsia.org/wp-content/uploads/2018/05/ACC-resource-alpine-snow-code-16.pdf>

## **Privacy Policy**

In addition, we may at times use photos or videos taken during our courses for training, marketing or social media use. Please inform your course trainer if you do not want images of yourself used in this way.

For further info - <http://www.nzsia.org/privacy>

## **Attendance Policy**

The learning on an NZSIA course is achieved through participation and interaction. There are elements of continual assessment and elements of specific assessment.

You will be expected to attend the course in full, including meeting at the correct time in the morning and participating in all activities.

As the daily outline might change due to weather and other unforeseeable considerations you should be prepared to have some flexibility as to where and when you need to be.

Not being able to attend the course in full may lead to you not being able to successfully pass the qualification.

## **Code of Conduct**

As a member of the NZSIA we expect you to behave in a manner that adheres to the NZSIA Code of Conduct. See here for more info - <https://www.nzsia.org/wp-content/uploads/2018/05/NZSIA-Code-of-Conduct.pdf>

## **Ski Trainer Certification - Workshop Outline**

The Ski Trainer Certification is divided into two parts a four-day workshop with a three-day assessment later in the season. The Certification is a pathway begins with the Ski Trainer Workshop, followed by the shadowing of a Level One Certification, then the Ski Trainer Cert exam.

Instructors wishing to enter the Ski Trainer Certification process need to be fully-certified with NZSIA Ski Level Three or have another country's highest national ski instructor level together with a current ISIA Card.

All candidates will be required to shadow a NZSIA Level One Certification course prior to the exam. Please apply to the Ski Course Manager a minimum of 15 days before the Level One you wish to shadow. Allocation of shadowing opportunities is at the discretion of the Course Manager.

All candidates must hold NZSIA Children's Ski Level Two Certification (or foreign equivalent from an ISIA member country) before sitting the Trainers Certification Exam.

All candidates must hold NZSIA Freeski Level One (or foreign equivalent from an ISIA member country) before sitting the Ski Trainer Certification Exam.

Attending a Three-day Professional Development Camp prior to sitting the exam is recommended.

For qualification courses & exams (except Free Ski Level 1) the Ski Division recommends using a Front -Side ski within this range, a radius of 14 - 19 m & under foot width of 67- 84 mm

## **Course Philosophy**

The aim of the Ski Trainer Cert Workshop is to :

- Develop understanding of and personal performance of NZSIA skiing mechanics using the NZSIA Fundamental Skill Demonstrations, Skill Drills and Progressions to review and analyse efficient use of the movements of skiing.
- Use the movements of skiing to develop Ski exam candidates skiing.
- Skier analysis of Ski candidates and planning for their development
- Structuring clinics of both a 'Teach-to-Develop' as well as 'How to Teach' and Teach-to-Teach Ski Progression' sessions
- Practice of presenting clinics a 'Teach-to-Develop' and either a 'Teach-to-Teach - progression' or 'How to Teach' session. These sessions will focus on the accuracy of the information and the practical application of the teaching model to clinics.
- Fundamental Skill Demonstrations training through to an advanced parallel turn.

The Ski Trainer Certification workshop will endeavor to provide candidates with the knowledge and understanding for them to develop towards Ski Trainer Certification standard.

Level 3 Certified Instructor knowledge of the NZSIA Ski Manual, including the NZSIA technique, progressions and pedagogy is assumed.

Please view the NZSIA Progression and Fundamental Skills Demonstrations online at <https://vimeo.com/7735139>

This course is designed to be a practical forum with the clinician facilitating the group. All candidates will be required to make presentations and participate in discussions.

## Ski Trainer Certification - Exam Outline

### Candidates are required to:

- 1. Complete-** written assignment to be completed 10 days prior to the exam
- 2. Clinic -** Teach to Teach Clinics, Developmental Coaching Clinics, Skier analysis and lesson planning
- 3. Skiing** -which includes skiing on and off-piste
- 4. Fundamental Skill Demonstrations** - all areas of the NZSIA Progression
- 5. Skill Drills** - see below for in depth descriptions

Outlined below in more detail are the areas that will be covered in the Ski Trainer Cert Exam.

These areas have been set up to give the participants the opportunity to show their skills over a range of relevant tasks. Over the three days of examining six tasks will be assessed, and a written assignment must be completed 10 days prior to the exam.

The evaluation will be done using a YES/NO process with the candidates needing to achieve the required standard on all four-task areas. Feedback will be given to the candidates on skiing and teaching/presentation skills.

**Please Note-** To achieve the standard all Examiners must agree that the candidate has the ability to confidently handle any training assignment they may be given.

### Written Assignment

Candidates will submit a written assignment as follows:

Minimum of 500 words and suitable for publication on NZSIA website and may include images in jpeg format. Paper to be emailed to Ski Course Manager a minimum of 10 days before Ski Trainer Cert Exam.

A technical or educational skiing topic, e.g. Skiing's four movements, pedagogy, visualization, ski tuning, situational skiing etc.

The objective is to enhance the understanding and education of the intended viewing audience, i.e. NZSIA website readers. Suitable articles will be published on the NZSIA website.

## **Task One - Skiing and Demonstrating**

Purpose of this assessment is to evaluate candidates' ability to:

Ski using accurate and precise NZSIA technique from never skied before Fundamental Skill Demonstrations to Performance Skiing.

Skiing and Fundamental Skill demonstrations evaluated throughout the three days using a structured session covering all levels from straight runs, gliding wedge, wedge turns, wedge parallel turns, basic-parallel turns, advanced-parallel turns, dynamic parallel turns, short turns, free runs on and off-piste and skill drills.

The candidate must ski at an expert level, which is a strong, technically accurate and precise skier making dynamic short, medium and long radius turns on all groomed terrain. The candidate must ski all off-piste terrain with speed, confidence and precision making short, medium and long radius turns using ski performance appropriate to the off-piste situation.

In this area the candidate must exhibit clean mechanics that fit with the NZSIA theories and framework. Both skiing and all demonstrations should look comfortably natural with flow and form apparent.

Skiing skills and all demonstrations will also be evaluated during all other areas of the exam both while presenting and while being a student.

## **Task Two - Developmental Coaching**

Purpose of this assessment is to evaluate the candidates abilities to :

Develop rapport, accurately analyse skiing, prioritise movements and what to work on to get best result for the goal, effectively apply a step by step progression, apply accurate NZSIA technique, accurately use How to Teach Models, and demonstrate understanding of the learning process.

Candidates will work with a skier, whose desire/want is to attain the best possible score for their skiing at the Level One Certification, over an approximately two-hour period.

In this area the candidate should show the ability to analyse the skier using the NZSIA framework in the manual, present to the Examiners a concise analytical description of the skier.

Based on the stated desire/want and the needs of the skier state a defined goal, and coach the skier towards that goal.

Candidates should exhibit the ability to improve the skier and explain the technical reasoning for their decision-making processes.

### **Task Three –Workshop on the “How to Teach Models”**

Purpose of this assessment is to evaluate candidate’s knowledge of and ability to teach and train:

The “How to Teach Models” i.e. the Teaching Model, Progression Building Model, Communication Modes Model, this assessment should include an educational workshop on the particular how to teach model including a demo using that model

A topic will be assigned 30 minutes prior to the presentation. This topic will be relevant to the Level One Certification the How to Teach Models material. ie Teaching Model, Progression Building Model, and the Communication Modes Model.

The presentation will last for a minimum of twenty minutes and a maximum of 30 minutes depending on the number of candidates.

In this area candidates should exhibit thorough use of the assigned topic, present in an easily understood and informative manner, using a non-skiing interactive workshop presentation

Using a workshop presentation style and using a movement based non-skiing activity:

- (1) Develop your trainees understanding of how to use The Teaching model
- (2) Develop your trainees understanding of progression building
- (3) Develop your trainees understanding of communication modes

### **Task Four - What to Teach –Sample Progression Presentation**

Purpose of this assessment is to evaluate candidate’s ability to teach and train trainees on what to teach Include an introduction and summary to set up the sample progression demonstrating :

(1) a technically accurate piece of the NZSIA progression and (2) use of the teaching model

A topic will be assigned 30 minutes prior to the presentation. This topic will be relevant to the Level One Certification progression material. The presentation will last for a minimum of twenty minutes and a maximum of thirty minutes depending on the number of candidates.

In this area candidates should exhibit thorough use of the teaching model, the correct NZSIA progression and present in an easily understood and informative manner.

Present a short sample lesson to your trainees to :

- 1) Teach students from never skied before through to mobility exercises on the flat
- 2) Teach students from mobility exercises on the flat through to a balanced straight run.
- 3) Teach students from a balanced straight run through to a gliding wedge
- 4) Teach students from a gliding wedge through to introductory shallow wedge turns
- 5) Teach students from shallow wedge turns through to round wedges turns
- 6) Teach students from a round wedge turn through to round wedge turns with lateral balance
- 7) Teach students from a round wedge turn with lateral balance through to round wedge turns with vertical movement

## Task Five - Clinic Presentation (Teach- to -Develop)

Purpose of this assessment is to evaluate the candidate's' understanding and ability in the areas of Technical understanding of advanced and expert skiing and training /clinic leading skills. Use concepts from the NZSIA framework to present to a group of your peers a clinic topic to develop their technical understanding skiing skills, and clinic leading skills.

Topics will be drawn min 30 minutes prior to the presentation. The presentation will last for a minimum of thirty minutes and a maximum of fifty minutes depending on numbers.

In this area candidates should exhibit an in-depth knowledge of technique and its practical application, a thorough use of the teaching model and present in an easily understood and informative manner.

Present a clinic to your peers on the topic of :

1. Developing the ability to engage the front of the ski to increase ski performance before the fall line in a medium radius turn
2. Developing the ability to engage the front of the ski to increase ski performance before the fall line in a short radius turn
3. Developing the ability to engage the edges of the skis before the fall line in a medium radius turn
4. Developing the ability to engage the edges of the skis before the fall line in a short radius turn
5. Developing the ability to manage/create pressure to create greater ski performance during the control phase of a medium radius turn
6. Developing the ability to manage/create pressure during the control phase of a short radius turn
7. Developing the ability to tighten the radius of a dynamic short radius turn
8. Developing the ability to create a round turn shape and control speed in a dynamic medium radius turn
9. Developing the ability to manage pressure to aid in release of a medium radius turn
10. Developing the ability to create flow from completion to initiation in a medium radius turn
11. Developing the ability to manage pressure in varying terrain and conditions.
12. Developing the ability to make tactical choices that promote accurate technical outcomes



## Task Six – Skier Analysis and Lesson Planning

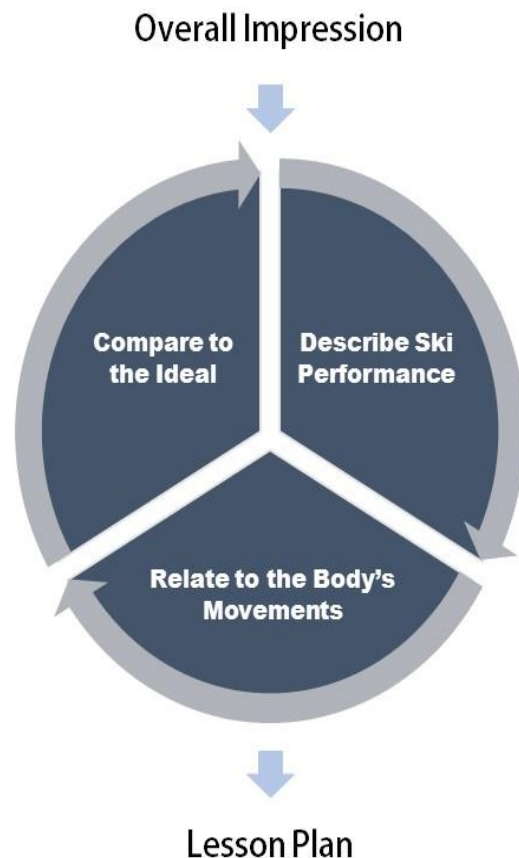
Candidates will analyse one Level One Candidate from a video

The candidate may assume that the skier's goal is to develop their ski technique to obtain the highest mark possible in the "skiing" section at a Level One Exam.

The candidate will be assessed on the accuracy of the skier analysis in the following categories:

Purpose of this assessment is to evaluate the candidate's ability to:

1. Observe and describe the performance of the skier and movements of the body
2. Identify and show depth of understanding of cause and effect relationships
3. Compare observed performance and relationships to more ideal performance and relationships and prioritize areas to develop to improve performance
4. Describe multiple ways to facilitate the stated goal



## Ski Trainer Certification Skill Drills

One or more of the following Skill Drills will be assessed as a part of the personal skiing section at the exam.

### **Rotational movements are to be highlighted in the following Skill Drills**

**Hop Turns / Speiss-** Start with skis across the hill. Continuously hop/jump turning the skis in both directions. The rotational movement must originate from the legs with the upper body remaining stable. The centre of gravity should move progressively down the hill. There should be minimal slipping of the skis downhill or forwards on landing. Use a pole plant and vertical movement to assist.

**Linked pivot slips-** Skis are relatively flat on the snow and pivot around the centre of the foot when turned by the legs. The feet should remain in the fall line therefore the corridor is about the width of the length of skis. The rotation movement should originate from the legs with the upper body remaining stable.

**Javelin turns -** The new inside foot lifted as we initiate the turn. As we balance on the outside ski it is turned underneath to create a crossed position. Continue to balance and steer the outside ski through the control phase.

### **Lateral movements are to be highlighted in the following Skill Drills**

**Railroad tracks-** Turns on easy terrain where two clean lines are left by the edges of the skis, due to simultaneous rotational and lateral movement of the legs under a stable upper-body.

**One ski-** Turns of varying shape and on different terrain where one ski is constantly held off the ground. This is either the right ski or the left ski for each run.

**White pass turns-** Balance exclusively on the outside ski at turn completion. Make the whole transition on that ski while controlling the movement of the centre of gravity over that foot and steering the leg. Stay balanced on the new inside ski throughout the transition of the turn.

### **Timing and Coordination of movements are to be highlighted in the following Skill Drills**

**Edge change with flexion / compressions turns-** Turns of varying shape and on different terrain where flexion is used to allow the centre of gravity to pass over the base of support to facilitate edge change movements (turn transition) Extension occurs as the edge angle is controlled (control phase).

**Full range of movement-** A variety of turn types on a variety of terrain where a full range of vertical movement is demonstrated, whilst remaining centred. (Extending through initiation and flexing through control phase)

**Switch turns-** Start off skiing forward. Jump 180 to switch (backward), make at least three parallel turns switch then by making a flat spin 180 change to forward.

**Basic jumps-** Run in, takeoff, flight, landing - all in balance.