

AUSTRALIA

training versatile instructors the Australian way



A country as big as the USA, surrounded by ocean and filled with desert, yet the snowsports industry in Australia is thriving.

From humble beginnings, the success of snowsports in Australia is continuing to grow. Recreational skier/snowboarder visits are increasing and every year more Aussies travel internationally to participate in snowsports activities. We're also proud to see Aussie athletes taking charge at an Olympic and World Cup level. It is our job to arm instructors with the tools to handle our growing and travelling market that is improving every year.

An instructor teaching in Australia faces many variables that affect each and every lesson. Some of which are common to all snowsports nations, and others which are unique to Australia.

In order to be successful despite these variables, the APSI training system must be structured in a way that is clear, simple and provides Australian ski instructors with the tools and understanding to create a fun and safe learning environment in all situations.

Some of the structures that provide our APSI instructors with the knowledge to adapt are:

Some examples of these variables are:

- ★ Ever changing weather patterns
- ★ Lift closures and crowded slopes
- ★ Diverse snow conditions
- ★ Guests of differing cultures and snowsports education
- ★ Differing guest ability levels
- ★ A multitude of products (privates of all lengths to larger group lessons)
- ★ Very specific objectives from guests (interschools race preparation to training for an overseas vacation).

1. The New Fundamental Mechanics of each turn

This is a clear description of the specific movements that the skis or the skier must make to achieve the new turn/performance/manoeuvre

2. The 9 Lesson Essentials

These essentials provide a framework to deliver a successful lesson in any situation starting with an introduction and finishing with a lesson summary.

3. The Movement Analysis System

This is a methodical way of assessing a skier and providing specific solutions to improve a skier's performance.

To impart all of this knowledge on to our instructors in a clear and practical way, we use the **Australian Teach to Teach System (T2T)**. For more information on the **T2T** please turn over.

apsi teach to teach system

This system is a structured way to provide instructors with ALL the information required to plan, conduct and adapt a lesson to suit any situation

1. INTRODUCTION (2-5min)

A good T2T introduction should include:

- What** (what are you going to teach your instructors to teach?)
- Who** (level of students they are going to teach this to?)
- Where** (what sort of terrain do you need to teach this?)
- Why** (why do you teach this?)
- What** (what are the New Fundamental Mechanics needed to learn this?)

2. SAMPLE LESSON (20min)

In this section the trainer delivers a real-world lesson. It simply demonstrates 1 of the many ways that the above content could be delivered using the "9 Lesson Essential" frame work. Using this frame work, the instructors will then need to adapt the lesson to suit the situations and variables of the lesson.

3. COMMON PROBLEMS (30min)

The objective here is to discuss demonstrate, and imitate a lot of the common problems that students display at that particular level. Once the instructor has a good understanding of the issue, a brainstorming session is then held to create as many exercises, games, tactics and analogies to help fix the issues.

4. DURATION (2min)

In this section we discuss the length of time it might take to teach this new situation or turn-type with examples of athletic and non-athletic students used.

5. SUMMARY (5min)

Summarise the session by briefly recapping the 5 points above. Use this time to reiterate any questions or misunderstood areas along the way.

INTRODUCTION

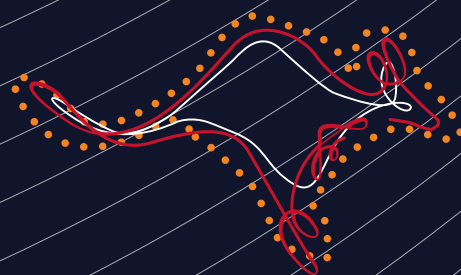
SAMPLE LESSONS

COMMON PROBLEMS

DURATION

SUMMARY

New Fundamental Mechanics | 9 Lesson Essentials | Movement Analysis System



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