

PSIA AASI



Central Region

Saturday August 12, 2023

Skate to Ski Session:

9:00am - 12:00pm



Hosted by Pine Knob!



Open to Members and Non-Members

Welcoming the National Ski Patrol!

***INTRODUCTION TO DRYLAND TRAINING 12:00PM - 1:30PM (OPEN TO ALL- SEE P.4)**

Join us for ski and snowboard activities that prepare you for the upcoming season and catch up with friends plus the Skate to Ski action!



SKATE TO SKI (STS) REGISTRATION INCLUDES:

- Access to Rollerblade demo skates and pads. We have a small fleet to share, please add your skate size to the online registration if you require skates. *PSIA-AASI Members can order skates with a pro-discount at: thesnowpros.org*
- Training activities for ski-readiness serving professionals and recreational participants.
- Learning aids, obstacle courses, and coaching for all skill levels.
- 3 hrs of *Skate to Ski* activities, practice using the free Rollerblade Training App, and gear Q&A.
- Guidance for developing your summer cross-training plans and achieving personal goals.

****Helmets are mandatory - please bring your own. Elbow, wrist, and knee pads are highly recommended.***



SKATE TO SKI CLINIC DESCRIPTION:

Get ready for winter with the Rollerblade Skate to Ski program at Pine Knob! Join us for a half-day session which includes exploring the Skate to Ski program at your own pace with a variety of activities, learning aids, and obstacle courses to enhance your skills and the fun factor of training for ski-readiness. A limited number of demo skates will be available, however, PSIA-AASI members can access skates using the pro-offers at thesnowpros.org. If you require skates, please add your size during registration.

This event is a great opportunity for beginner through advanced inline skaters to discover how adding a summer of STS hones your accuracy in movements, and provides an opportunity to establish some new approaches too! The half-day session pairs heaps of repetition in a consistent environment with quality feedback and helps you focus on stable gliding and turning. Most skating will happen on a flat paved surface, with the option for using a slight grade to link turns. The day will be led by Rollerblade Ambassador and National Alpine Team Alumna Heidi Ettliger. ***Helmets are mandatory - please bring your own helmet. Elbow, wrist, and knee pads are highly recommended. **Benches and shade provided - please bring snacks, water, and a chair for breaks.**

HOW TO REGISTER: MEMBERS AND NON-MEMBERS WELCOME!

Members of PSIA-AASI please visit this link to register: <https://psia-c.org/events-calendar/>

Non-Members please follow the steps below:

Step 1: To Register for this Skate to Ski Event first create a free account with PSIA-AASI.

Create a free account here: <https://members.thesnowpros.org/register?simple=true>

Step 2: Fill in all required fields and press "Join"

**Note: Each individual will need to create their own account using a unique email address. You cannot register multiple people under one account, each participant must have their own account.*

Step 3: Now that your new account has been set up, you can use the registration link above to sign-up.

If you have any questions please contact PSIA-AASI Central Region at: info@psia-c.org





Rollerblade®



Inline skating develops the sense of dynamic balance, sense of space, time, and similar muscle work as needed in alpine skiing.

*Faculty of Sport and Physical Education, University of Belgrade Professional paper:
The application of inline skates in alpine skiers training*

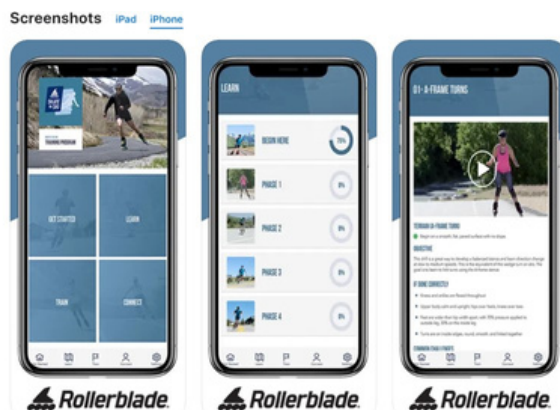
Choosing the Right Skates:

<https://www.rollerblade.com/usa/en/skate-to-ski-choosing-skate>



Rollerblade Training App:

<https://apps.apple.com/app/skate-to-ski/id1458606967>



Rollerblade Skate to Ski Program:

<https://www.rollerblade.com/usa/en/skate-to-ski>

<https://www.rollerblade.com/usa/en/skate-to-ski-training-stephen>



Activity 1
Hop, Turn, Hop:



Activity 2
Turn, Glide, Turn:



Activity 3
Turn, Hop, Turn:



Activity 4
Double Push Skating:

INTRODUCTION TO DRYLAND TRAINING

12:00PM - 1:30PM (OPTIONAL FOR ALL)

PLEASE BRING A MAT OR TOWELS

JOIN US FOR AN INTRODUCTION TO SKI AND SNOWBOARD ACTIVITIES

THAT PREPARE YOU FOR THE UPCOMING SEASON

AND CATCH UP WITH FRIENDS PLUS THE SKATE TO SKI ACTION!

Download this Guide for Free!

<https://thesnowpros.org/education/digital-manuals-for-every-discipline/>



Your goal should not be training like a competitive power lifter or endurance athlete. An athlete, for example, could have highly adapted endurance but little explosive power. Likewise, a competitive power lifter may be able to heft a 300 lb bar but get winded when speed-walking a 5K. Recreational and competitive snowsports require a more rounded balance of skills. Extreme strength at the expense of flexibility, extreme endurance at the expense of balance, or extreme agility at the expense of muscle, any and all of these scenarios are detrimental to all mountain ski or snowboarding performance. You can have one without the other, but you don't want to.

Young athletes are particularly susceptible to imbalances, injuries, and long-term setbacks if they attempt to mimic professional training loads. Overly aggressive athlete development can quash a promising career before it begins.

The most successful coaches know how to balance training intensity and training volume. To avoid crossing that line, they strictly limit and focus the time their athletes spend performing maximal outputs under competitive conditions. Professional downhillers, for example, only do three to five competition-speed runs per day.

Just as you have to ease into and gradually dial up the intensity and volume of your training program, you must, likewise, gradually decrease the frequency and length of your recovery breaks so you don't get stuck on a plateau of progress.

In training, we think with the external environment (adding more weight, increasing our speed, doing more reps, holding poses or rehearsals, taking shorter breaks between reps) to their specific adaptations and behaviors.

TRAINING BLOCKS
This fitness plan is divided into three four-week training blocks. The simplest way to think of it is as a 12-week program. If you do five workout days (two strength sessions and three conditioning sessions) and two rest days a week, you'll complete one training block per month, and you'll do the whole plan in three months.

- Training Block 1: week 1-4
- Training Block 2: week 5-8
- Training Block 3: week 9-12

Of course, life sometimes gets in the way. It might not be possible for you to complete all five workouts in the span of a week. Not everyone can devote five days to training and two days to recovery each week. Maybe you have to squeeze all your training into weekends. No problem. You can combine one strength and one conditioning workout on a given day just don't double up your strength workouts. Whatever your schedule, be sure to complete all the workouts within a given week before moving on to the next one, and complete all the programs before moving onto the next block. Feel free to repeat a week or training block if you don't feel comfortable advancing.

All of this is to say that the plan is designed to be flexible, not rigid. You can follow it to the letter or modify it to account for distractions and time constraints that arise. The principles are more important than how many sets and repetitions you perform for each exercise. If any of the exercises cause pain or unusual discomfort, seek the advice of a sports medicine expert. We've recommended modifications to exercises that could be problematic for some people.

If possible, aim to complete the program before skiing or boarding season to maximize your on-snow performance. Your dryland training volume should decrease as your time on the slopes increases. When you complete the program, you'll likely feel comfortable designing your own workouts. You can continue to follow this training block model but modify the sets, repetitions, and duration of various exercises. In other words, you can use the recipe as a guideline but adjust and season to taste.

HIT THE GYM

- Scan the accompanying QR code for an alphabetical拼音 of workout videos. (Additional videos is available on the RealTime Performance System YouTube channel.)
- "Reps" means how many repetitions you can perform while maintaining strict form, probably somewhere in the 6-15 range.
- When 15 repetitions becomes easy, add weight or progress the exercise.
- Strength training is its own form of skill training. Don't continue with a set to the point that the skill of the exercise degrades.
- Never train to failure. Always complete the set with one or two extra repetitions in the tank. In other words, quit while you're ahead, much like you'd do on the mountains.
- The "sets" column refers to working sets, and does not include warm-up sets. Warm-up sets may be required for exercises with significant external load beyond bodyweight, particularly the Zercher Squat. A good rule of thumb is 1-2 warm-up sets of 5-5 reps for every 100 pounds of external load in the working set. Someone Zercher squatting 300 pounds in the working set might warm-up with 5 reps at 95 pounds, 5 reps at 135 pounds, 5 reps at 185 pounds, 3 reps at 225 pounds, and 1 rep at 275 pounds, as an example. Follow each day's program sequentially. Some days you'll do multiple sets of the same exercise before moving on to the next one. Other days you'll alternate between two different exercises until you complete multiple sets - this is why many exercises are listed more than once in the same workout.
- If you wish, use the Training Block pages out and take them to the gym for easy reference.

TRAINING BLOCK 1				
Day 1: Strength A				
	Sets	Reps/Duration	Rest	
Movement Prep	Couch Stretch from Bench	1	40 seconds per side	
	Isot Warm	1	40 per side	
	Ball-Kneeling Windmill	1	8 per side	
	Lateral Hurdle Step	1	10 per side	
Dynamic Warm-up	Rotated Hip Separation	2	8 per side	
	Low Box Shuffle	2	5 per side	
	Single-Leg Backward Jump	3	5-20 per side	
	30-Degree Jump	2	4 per side	
Workout	Split Squat	1	10-12 per side	
	Suspended Ring Row	1	10-15	
	Split Squat	1	10-12 per side	
	Push-Up	1	10-15	
	Suspended Ring Row	1	10-15	
	Hammering Bridge with Beach	1	10-15	
	Push-Up	1	10-15	
	Hammering Bridge with Beach	1	10-15	60-90 seconds
	Push-Up	1	10-15	
	Med Ball Shale	1	10 seconds	
Rest	Some Kettlebell Deadlift Ho Hold	1	30-45 seconds	
	Med Ball Shale	1	30-45 seconds	
	Some Kettlebell Deadlift Ho Hold	1	30-45 seconds	
	Countdown Squat	2	30-40 seconds	
Couch Stretch from Bench	1	40 seconds per side		



Photo 2.3 - Lateral-Leg Windmill is an example of a great movement prep for training block 1.

Photo 2.3-2.6: Your ankles and your knees should flex/extend to absorb inconsistencies in the snow or terrain, but if these joints lack mobility and strength, you'll likely have to bend forward and drop your chest to keep your center of gravity stacked over your feet.



Flexion/Extension
A well-executed squat requires your ankles, knees, and hips to flex and your upper spine to extend, all while keeping your joints properly aligned and stacked so your center of gravity remains balanced through the full range of motion. The culprits behind some on-snow technique gaps are hard to pinpoint. Hunching your shoulders while skiing, for example, could be the way your body compensates for limited mobility in your lower back and knees. In this case, the hunched shoulders aren't the cause, but the symptom of a deeper issue. That's why getting feedback like, "don't hunch your shoulders" does little to address the real problem of poor lower-body mobility.

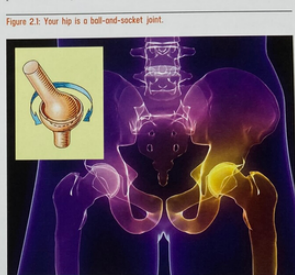


Figure 2.1: Your hip is a ball-and-socket joint.

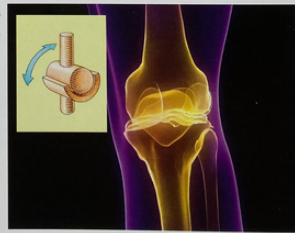


Figure 2.2: Your knee is a hinge joint.



Intro to Dryland Instructors & Patrol Getting Ready!