



NZSIA Ski Trainers' Certification Outline 2015

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 personally.

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.
- Warm, waterproof clothing including beanie and gloves. You'll be outside all days (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 at each course. Completed forms can be returned to either the Course Manager or NZSIA office.

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

Phone: 03 4511534

Fax: 03 4511536

Post: NZSIA, P.O.Box 2283, Wakatipu

Daily Procedure

The days start at 9am when we meet at the designated meeting area at the bottom of the mountain. Meeting locations are as follows:

Coronet Peak - Outside Snowsports School meeting place

Cardrona - Uphill side of the Archway

Treble Cone - Base of the six-man chairlift

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:

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

Wanaka - Outside the Cardrona Town office (same street as supermarket)

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/SBINZ exams will require you to ski/ride 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.mountainsafety.org.nz/Safety-Tips/Snow-Code-for-Snowsports.asp>

Privacy Policy

<http://www.nzsia.org/privacy> 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.

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.

Ski Trainers' Certification - Workshop Outline

The Trainers' Certification is split into a four-day workshop with a three-day assessment later in the season. The Certification is a pathway that begins with the Trainer's workshop, followed by the shadowing of a Level One Certification, then the Trainer's Cert exam.

It would be advantageous to be intimately familiar with the NZSIA Instructor's Manual. Please view NZSIA Ski Demos and Tasks on line at www.nzsia.net.

Instructors wishing to enter the Trainers' 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 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 before sitting the Trainers Certification Exam.

All candidates must hold NZSIA Freeski Level One or foreign equivalent before sitting the Trainers Certification Exam.

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

The Trainers' Certification workshop will endeavor to provide candidates with the knowledge and understanding for them to develop towards Trainers' Certification standard. Level 3 Certified Instructor knowledge of the NZSIA Ski Manual, including the NZSIA technique, progressions and pedagogy is assumed.

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.

The workshop includes:

- Understanding skiing mechanics using the NZSIA demonstrations and progressions to review and analyse efficient use of the movements of skiing.
- Using the movements of skiing to develop candidates skiing.
- Skier analysis of a candidate and planning for their development.
- Structuring clinics of both a 'Teach-to-Develop' and 'Teach-to-Teach' sessions.
- Practice of presenting clinics both a 'Teach-to-Develop' and a 'Teach-to-Teach' session. These sessions will focus on the accuracy of the information and the practical application of the teaching model to clinics.
- Demonstration training through to an advanced parallel turn.

Ski Trainers' Certification - Exam Outline

Outlined below are the areas that will be covered in the Trainers' 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 four 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/presenting skills.

Please Note - To achieve the standard both 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 Trainers' 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

Skiing and 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, tasks and free runs on and off piste.

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 demonstrating should look comfortably natural with flow and form apparent. Skiing skills and demonstrations will also be evaluated during all other areas of the exam both while presenting and while being a student.

Task Two - Teaching Progression Presentation

A topic will be drawn 30 minutes prior to the presentation. This topic will be relevant to the Level One Certification progressional material. The presentation will last for a minimum of thirty minutes and a maximum of fifty 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.

Task Three - Clinic Presentation (Teach- to -Develop)

Using concepts from the NZSIA framework present a clinic topic to develop the skiing skills and technical understanding of a group of your peers on the day of the exam.

Topics will be drawn min thirty 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.

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

Task Four - Developmental Coaching

Candidates will work with a skier, whose goal is 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 a concise description of the skier with 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.

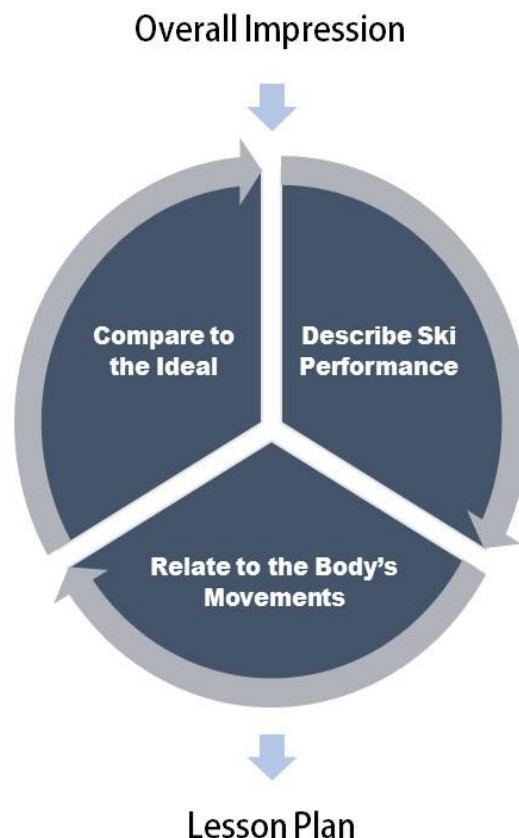
Task Five – Skier Analysis and Lesson Planning

Candidates will analyse two Level One Candidates from a DVD

The candidate may assume that the skiers want is to develop their ski technique in order 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:

1. Ability to observe and describe the performance of the skis and movements of the body
2. Identification and depth of understanding of cause and effect relationships
3. Ability to compare observed performance and relationships to more ideal performance and relationships and prioritize areas to develop to improve performance
4. Ability to describe multiple ways to facilitate the stated goal



Ski Trainers' Certification Skiing Tasks

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

1. **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.
2. **Railroad tracks** - Turns on easy terrain where two clean lines are left by the edges of the skis, due to simultaneous lateral movement of the legs under a stable upper-body.
3. **Edge change with flexion / compressions turns** - Turns of varying shape and on different terrain where flexion is used as the centre of gravity passes over the base of support (turn transition). Flexion is used throughout the edge changing movements and extension occurs as the edge angle is controlled (control phase).
4. **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.
5. **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 transition and flexing through control).
6. **Switch turns** - Start off skiing forward. Jump 180 to switch (backward), make at least three parallel turns then switch by flat spin 180 to forward.
7. **White pass turns** - Balance exclusively on the outside ski at turn completion. Make the whole transition on that ski including moving the centre of gravity over that foot and steering the leg. Stay balanced on the new inside ski throughout the transition of the turn.
8. **Basic jumps** - Run in, takeoff, flight, landing - all in balance.
9. **One ski** - Turns of varying shape and on different terrain where one ski is constantly held off the ground.
10. **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.