



Welcome Guide: PSIA-W Skate To Ski Camp

By Suzanne Nottingham

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for skiing?

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What you need to know

Welcome to the PSIA-W Skate To Ski Camp at Tahoe Donner on Saturday September 17, 2016! This event was made possible with the support of our National sponsor Rollerblade®.

To register for this one-day camp go to: psia-w.org/event/skate-to-ski-camp. The camp fee is \$80 (which includes demo skates and protective gear from Rollerblade). PSIA-AASI members will earn one day of education credits for attending. This event emphasizes and combines the benefits of inline skating to enhance your fitness IQ, and specific skill development for Alpine skiing.

Check-in begins at 8:30am and the event finishes at 4:00am. This camp is open for all levels of skaters. We especially encourage beginners, and those who haven't skated in awhile to attend and invigorate your body's dynamic balancing abilities for a stronger, safer, more proficient winter season.

Camp coaches include inline skating Master Trainer, PSIA L3 instructor and well published author Suzanne Nottingham, Rollerblade® ambassador Kacie Cleveland, an exceptional spokesperson and skater from Bellingham, WA, and Chris Fellows, Director of the North American Ski Training Center, PSIA examiner, and author. We will creatively merge PSIA standards of skill development and teaching with the fundamentals of precision inline skating and instruction.

As you know, safety is first and your experience is self-regulated. That means you're in charge of your pace and movement intensity. You'll never be pressured to try anything you're not comfortable with.

We methodically move you through beginner and intermediate skills progressions breaking barriers to participation by inspiring you to the healthy call of challenge. You will leave with a solid understanding about how to use inline skates as an effective dry land tool to improve your skiing skills. In fact, there isn't any other sport that so closely duplicates and mimics skiing! But there are also very distinct differences. For example, you can't skid on skates the way you can on skis!

Since you are PSIA instructors, as part of this training, and to reinforce your own sensitivities of efficient skating and skiing, you'll learn to teach beginning inline skating techniques including stopping, striding and turning.

Time to make the commitment, show up and let us effectively guide you to and through an amazing experience. Strap them on, skate well, and ski even better!

Why skate to train for skiing?

- Inline skating is a non-impact activity.
- If skating in proper posture and balance, the entire trunk and core of the body is activated, whether or not you are thinking about it.
- Inline skating conditions all the muscles in the lower extremity and core, including the stabilizing muscles of the trunk, lower and upper back.
- The physiology associated with inline skating easily compares to fitness walking, running and cross country skiing.
- Inline skating combines lateral and linear movements to change edges effectively.
- Inline skating provides a better fat-burning and cardiovascular workout than many other modalities.
- Inline skating can provide similar cardiovascular benefits to running. Calories burned per minute: running, 14.9; inline skating, 14.1.
- A 30 minute recreational skate can burn 285 calories; an interval workout can burn 450 calories.
- Inline skating and skiing require a keen sensibility for dynamic balancing adjustments, automatically conditioning the nervous system for quicker, smoother physical reactions to imbalance. Both require a sense of body and environmental awareness to stay in balance.
- Both also require the ability to use smaller, intricate movements of the feet and ankles to accomplish skills.

Highlights & Itinerary

8:30am: Check-in and outfitting with skates and protective gear.

9:00am: Warm up/stretch, safety information, a ski-specific skill rehearsal segment, and demo equipment distribution. Many skate techniques will be taught prior to putting skates on during this time.

10:00am - 12:00am: The morning is dedicated to two objectives: **1) learning to teach basic skate skills** will reinforce your physical and technical understanding, and **2) improving your own skating skills** with discussion, exercises and training to experience elements of biomechanical cross over to skiing.

12:00am - 1:00am: Lunch. The closest grocery store is in Truckee so we recommend packing a lunch and other necessities you may need.

1:00am - 1:30am: After lunch, we play! Skate and talk! Free skating around our area with an emphasis on socializing with each other and playing a couple agility games to re-energize.

1:30am - 2:45am: Experiment with balance, rotary, pressure and edge in a series of movements on skates. Practice focuses on doing slalom turns in a variety of circumstances to sharpen your skills including around pylons, and then we will add poles. We want you to feel comfortable and safe on gentle downhill grades.

3:00am - 4:00am: To practice what you've learned, please join us for an optional, fun free skate on a nearby bike path and camp summation.

What you need to bring

- Rollerblade® is providing skates and protective gear (wrist, elbow and knee pads). If you have an old pair of skates you can't part with, bring them!
- **YOU MUST BRING AND WEAR A HELMET.** A bike helmet is fine. Rollerblade® does not supply helmets, and no one will be able to participate in the camp without one.
- Ski poles (and rubber tips if you have them).
- Water, food, sunscreen, hat, a chair.
- Notebook and pen for taking notes.

What you need to know

- To register, go to psia-w.org/event/skate-to-ski-camp
- Follow this link for the event location at Tahoe Donner Alpine Base Lodge. There will be signage. www.tahoedonner.com/directions
- Parking is plentiful in the Alpine base lot area located adjacent to the Tahoe Donner Alpine Base Lodge.
- Restrooms are in the Tahoe Donner Alpine Base Lodge.
- The closest grocery store is in Truckee so we recommend packing a lunch and other necessities you may need.
- That you can take breaks any time you'd like!

For questions on how to register, event location instructions, and education credits please contact the PSIA-AASI office at: info@psia-w.org
For specific event itinerary questions please contact Suzanne Nottingham at: skiwithsuzanne@gmail.com.

See you on Saturday September 17th at Tahoe Donner!

