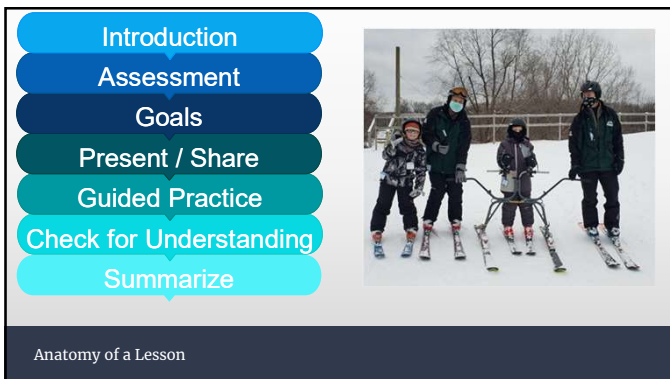




1



2



3

Introduction

- Ensure comfort
- Be a friend

Tips

- Tell them about yourself
- Find out their interests: TV shows, characters, music
- Find out what they enjoy most about the ski sessions

Anatomy of a Lesson: 1 of 7

4

Introduction

Assessment

Each lesson, assess their abilities:

- Cognitive
- Affective
- Physical

Tips

- Match their level of understanding
- Understand their emotions
- Focus the lesson what the athlete CAN do

Anatomy of a Lesson: 2 of 7

5

Introduction

Assessment

Goals

Try to work towards improving something each lesson

Tips

Ensure goals are:

- Incremental
- Achievable
- Celebrated

Anatomy of a Lesson: 3 of 7

6

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8

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Introduction

Assessment

Goals

Present / Share

Guided Practice

Check for Understanding

Summarize

Review, preview, and invite the next step.

Anatomy of a Lesson: 7 of 7

10

Prevent

- Clear and precise language
- Word/phrase they can use when overwhelmed

Identify

Are they having trouble:

- Communicating?
- Understanding?

Respond

- Redirect
- Be open
- Allow time
- Change the stimulus
- Decrease the demands

Managing Challenging Behaviors

11

Strategies for:


- Short attention span
- Resistance to change
- Acting out
- Easily over stimulated
- Hyperactivity

Managing Challenging Behaviors

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For athletes with a short attention span:

- Train for short periods of time
- Repetition + reviews
- Maintain eye contact & verify they understand



Ask yourself: How do I know I have their full attention?

13



For athletes resistant to change:


- Clarify expectations
- Keep a consistent routine
- Provide cues when a transition will happen
- Learn what motivates them

Incrementally build on their successes

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For athletes prone to acting out:

- Reinforce acceptable behaviors
- Set clear rules, expectations, and limits
- Help them find a replacement behavior



All behavior serves a function - speak with the caregiver/parent of the athlete and find out what is in place.

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For athletes easily overstimulated:


- Remove or lessen distracting stimuli
- Provide planned breaks and quiet time

Choose areas of the resort that are the least busy with other skiers.

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For athletes prone to hyperactivity:

- Set clear rules, consistent routines and smooth transitions
- Keep directions simple
- Have the athlete repeat the directions



Always remember: Each athlete is a unique individual

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Thank you!

ASAWM

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