



 **adaptive**
SPORTS FOUNDATION
www.adaptivesportsfoundation.org

"The best way to find yourself, is to lose yourself in the service of others."
- Ghandi

Junior Instructor Training Program

DATES

This program will be offered on most Sundays (9:30-3:00 with a one hour lunch break) from Mid-December through Mid-March.

COMMUNITY SERVICE

Any time spent volunteering for ASF (assisting a lesson, or helping with a fundraiser) is considered community service. We will provide a letter documenting those hours if requested. Training hours are not considered community service

COST OF PROGRAM: \$125

www.adaptivesportsfoundation.org
Call: 518.734.5070 Email: pam@adaptivesportsfoundation.org





JUNIOR INSTRUCTOR TRAINING COURSE

The Adaptive Sports Foundation is offering a Junior Instructor Training Course. This course will allow those who don't meet our instructor criteria (because of age or some other reason), to attend training and gain skills towards possibly becoming an adaptive snowsports instructor in the future. Participants must be a solid intermediate skier or rider. Participants in this program will have the opportunity to train with some of our senior instructors and learn all that is necessary to be an instructor with the ASF teaching people with disabilities. Those who exhibit the appropriate maturity level and teaching skills may have the opportunity to be elevated to assistant instructors starting mid-February. There must be a minimum of 8 participants in this program.

CRITERIA

- Must be 15 years old by December 31, 2018 (NO EXCEPTIONS)
- Must be a solid intermediate skier or rider (ski in control and in balance down Whistler)
- Priority will be given to those who are available to possibly teach during President's Week (Feb 20-24) and Saturdays at the end of February and early March
- Participants must provide their own pass or lift ticket

REQUIREMENTS

- Participants must initiate communication with ASF Program Director Pam Greene (pam@adaptivesportsfoundation.org or 518-734-5070). We will cc parents in emails, but we are looking for participants with the maturity level to communicate with us directly.
- Participants must write a short letter about why they want to be a part of this program and submit two letters of recommendation from non-family members. These letters must describe the maturity level of the person applying and explain how they might be able to handle the responsibility of working with a student with a disability. Here are the types of things that an ASF instructor needs to be mature enough to handle.
 - Be able to initiate contact with ASF supervisor to discuss schedule and any issues with the program.
 - Be able to initiate a conversation with the parent of a student.
 - Be able to communicate with an adult instructor that he/she is partnered with as an assistant instructor. Must be able to follow directions and assist in making decisions regarding the lesson plan.
 - Be able to handle difficult situations such as a student with behavioral issues or a medical emergency.
 - Participants will be given the opportunity to help with fundraisers over the winter.

Deadline for application is December 1, 2018



APPLICATION FOR JUNIOR INSTRUCTOR TRAINING PROGRAM

Name: _____ Date of Birth: _____
(Must be 15 before 12/31/18)

Home address: Street: _____

City, State & Zip Code: _____

Home phone: _____ Cell phone: _____

Email: _____ alternate email: _____

Parent email: _____

- I AM AT LEAST AN INTERMEDIATE SKIER
- I AM AT LEAST AN INTERMEDIATE SNOWBOARDER
- I AM AT LEAST AN INTERMEDIATE AT BOTH SKIING AND RIDING

- Please fill out the attached schedule
- Please include a letter about why you want to participate in this program
- Please send two letters of recommendation from non-family members

Cost: \$125

A check is enclosed (payable to Adaptive Sports Foundation)

Credit card payment (Visa, Mastercard, Amex, Discover)

Credit card # _____ CVC Code _____

Expiration date _____ Billing Zip Code _____

2018-2019 Junior Instructor Training Course Schedule

NAME _____

Email: _____

PLEASE RETURN THIS BEFORE DEC 1, 2018
TO PAM GREENE pam@adaptivesportsfoundation.org or
mail to Adaptive Sports Foundation, PO Box 266, Windham, NY 12496

DECEMBER

SUN	MON	TUES	WED	THUR	FRI	SAT
9						
16						

JANUARY

SUN	MON	TUES	WED	THUR	FRI	SAT
6						
13						
20						
27						

FEBRUARY

SUN	MON	TUES	WED	THUR	FRI	SAT
10						16
17	18		20	21	22	23
24						

MARCH

SUN	MON	TUES	WED	THUR	FRI	SAT
						2
3						9
10						

Days with this shading are days that we will offer training. Please circle a minimum of eight days that you plan to attend training.

Days with this shading are days that we might ask you to teach if you are elevated to assistant instructor. Please circle days that you could be available to teach.



To be a part of the Junior Instructor Program you do not need to meet our instructor criteria. We consider this program to be an educational experience to teach someone the skills necessary to become an instructor in our program. Since the group will be going to a variety of terrain, you must be at least an intermediate skier or rider . Some participants in the Junior Instructor Program may assist lessons towards the end of the season if they have demonstrated that they meet our instructor criteria.

ADAPTIVE SPORTS FOUNDATION INSTRUCTOR CRITERIA

Skiing/ Riding Ability:

Solid intermediate skier or snowboarder

Ski or ride Whistler (Windham's main blue trail) in control and comfortably using a movement pattern that represents current technique.

Professional Ski Instructors of America defines open parallel as: Skis leave relatively defined arcs, skis remain the same distance apart, corresponding edges release and engage at the same time, pole usage is functional, turn shape controls speed.

American Association of Snowboard instructors defines: basic riding as: a style of riding in which a rider's center of mass and the center of the snowboard follow the same or similar paths.

Open to coaching and willing to try new things or make changes in their technique

Communication

Establishes eye contact and speaks loudly enough for all to hear

Engages individuals and commands group attention

Delivers important learning or safety details

Keeps descriptions simple, true, and relevant

Uses body language and gestures to enhance the story

Teaching

Selects a logical progression of activities

Covers safety and risk awareness at every meaningful opportunity

Checks for understanding before moving on to next step