



Some of the benefits of being a part of the OC Ski Club!

<p style="text-align: center;">Functional Movement Screen – 10/24/24 Starts at 5:30 PM</p>	<p style="text-align: center;">Stance & Balance Boot Clinic – 11/21/24 Starts at 6:00 PM</p>	<p style="text-align: center;">CONDITIONING & PREVENTING SKI INJURIES 12/12/24 at 6:00 PM</p>	<p style="text-align: center;">Ski Care & Tuning Clinic 1/9/25 Starts at 6:00 PM</p>
<p>FMS aims to identify imbalances in mobility and stability during fundamental movement patterns, where the patterns are given a numerical score. Once deficiencies have been identified, a program of corrective exercises can be developed with the goal of preventing injuries.</p> <p>For those who wish to participate in the test, wear gym clothes.</p> <p>Conducted by Brian Mieczkowski OC Snowsports School Technical Director</p> <p>Testing will be limited, sign up at a meeting or contact Jeff Kenton at skiinstruction@ocskiclub.org for more information.</p>	<p>The OC Ski Club’s annual clinic on what you need to know about your boots and how they affect your skiing and your comfort.</p> <p>Garrick Dardani - Steiner’s Sports master boot fitter will present.</p> <p style="text-align: center;">Thursday Nov 21, 2024 at the PCC</p> <p>New for this season will be an update on the latest technology with all ski equipment.</p>	<p>Injuries and wear and tear on the knees and other weight bearing joints are unfortunately common among skiers. Come learn about types of ski injuries and how to prevent them with Kelly Chang, a physical therapist and avid skier. The clinic will include 15-20 minutes of education followed by a strength and conditioning circuit designed specifically for skiers to build strength and prevent injury.</p> <p style="text-align: center;">Thursday Dec 12, 2024 at the PCC</p>	<p style="text-align: center;">Thursday Jan 9, 2025 at the PCC</p> <p>Another annual clinic where you can learn how to take care of your skis, do minor maintenance and repairs for the do it yourselfer, what to look for when buying used skis, etc. A complete sharpen and wax tune up will be done at this.</p> <p>This clinic is led by our ski school Director – Jeff Kenton</p>