

Dialing In Your Monoski

Thursday, Dec 2, 2021, 6-7:30pm EST





**Ski and Ride
Aquatics Program
Nordic Program
Resources
Partnerships
Movement Classes
Indoor Rock Climbing**



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<https://greenmtnadaptive.org/>

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SPAULDING™
ADAPTIVE SPORTS CENTERS



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of the North Country**



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DynAccess →

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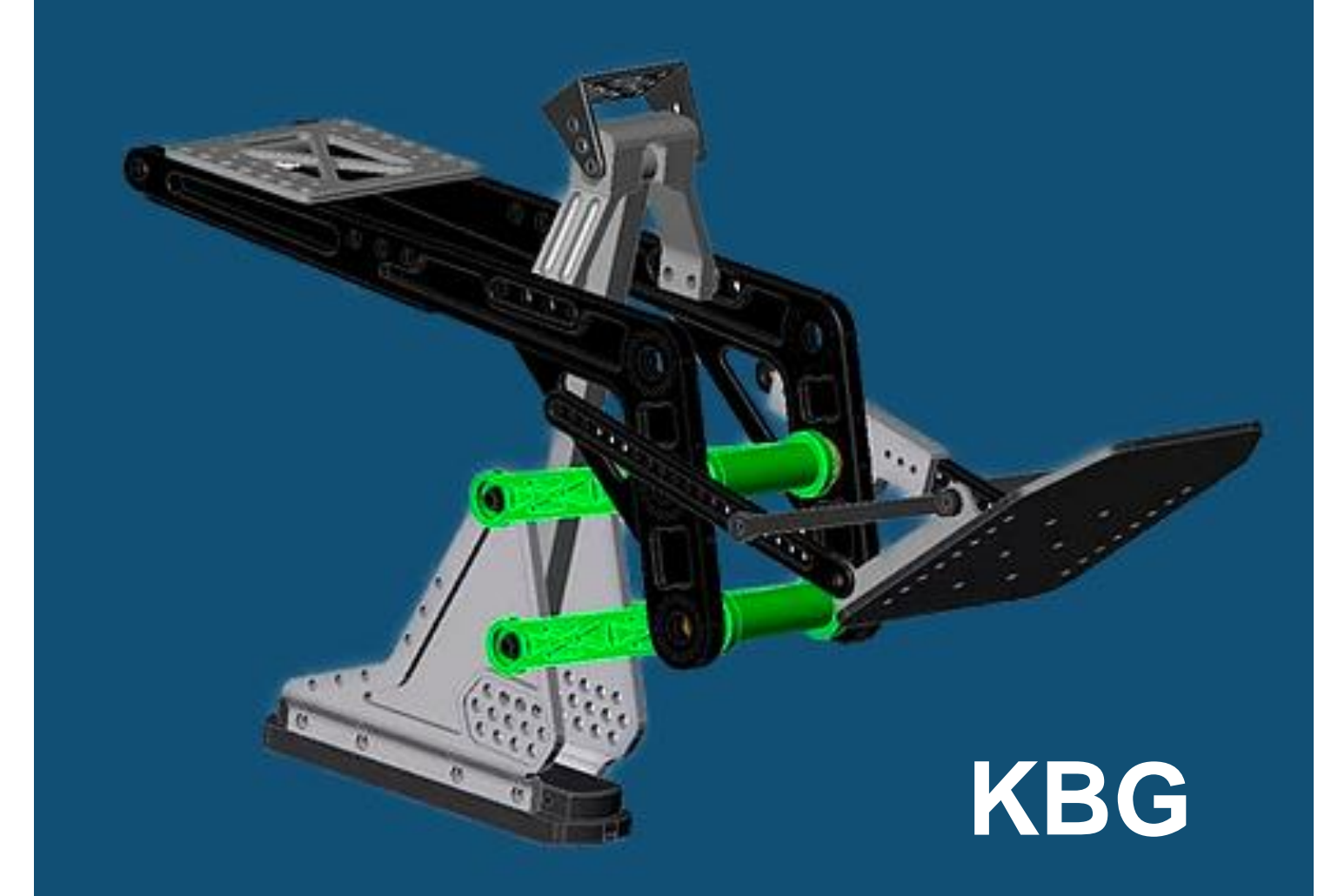
Presentation Agenda

Dialing In Your Monoski

- Monoski Review
- Frame and Bucket
- Skis and Bindings
- Outriggers, straps
- Pre-flight Checklist
- Updates for 2022
- Q&A



Main Monoski Manufacturers



Monoski FRAME

- Cracks or Rust??
- Nuts and bolts
Tight or loose?
- Load Mechanism
- Binding Foot
- Shock Service
- Evac Straps
- Potential adjustments



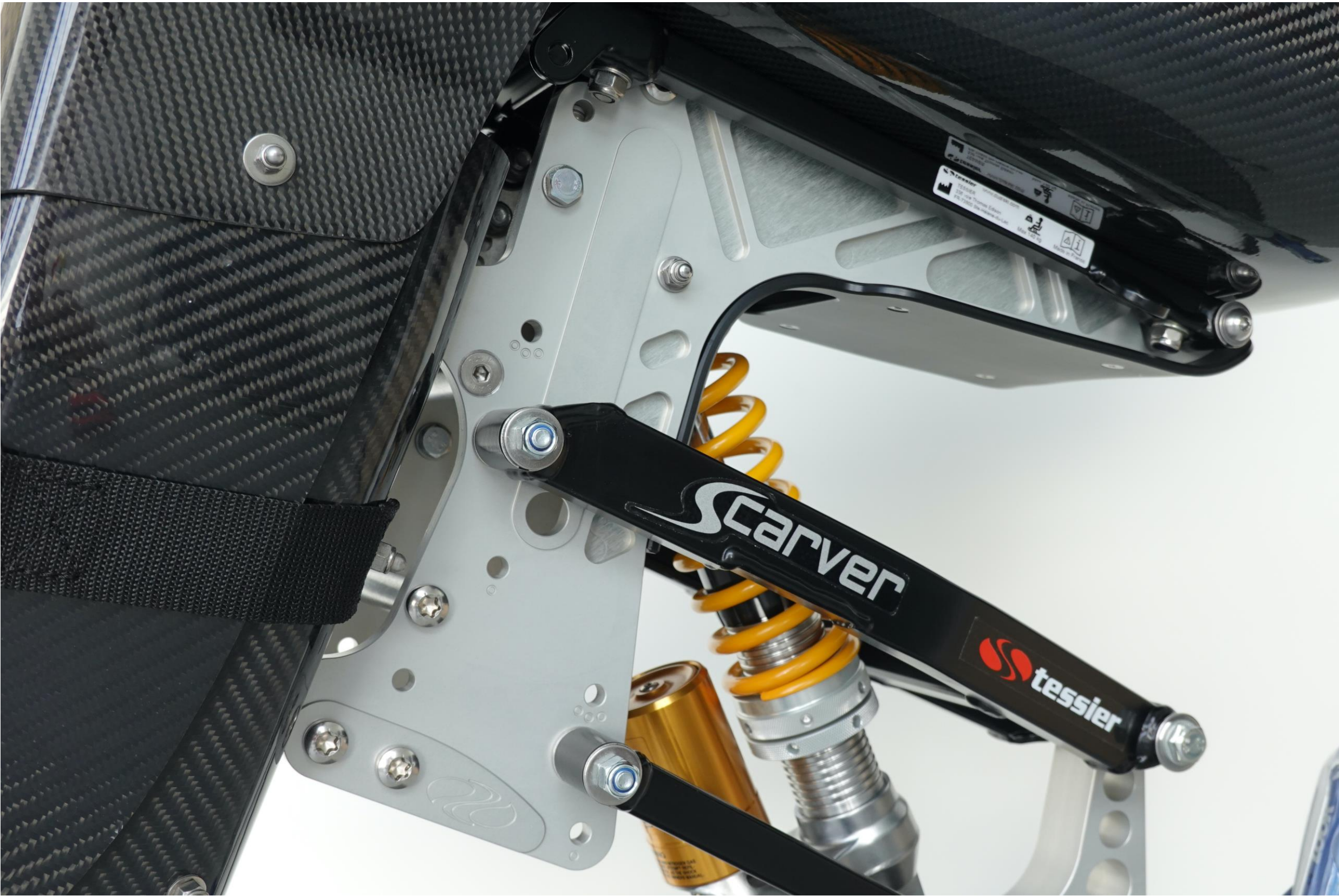
Seating Adaptations

- Straps, padding and bolts
- Experiment with a few things?
- Game plan for adjustments



Shock Adjustments

How do I know how to adjust my shock?
Should I play around with the settings?



Dynaccess Tensor Air Shock Set Up Guidelines

In essence, **spring stiffness** is controlled by the air pressure in the both chambers (Chamber 1 & 2) whereas **ride height** is controlled by the air pressure in the upper chamber (Chamber 2). The air pressure of both chambers can be changed by the enclosed air pump (bicycle shock pump). The **compression and rebound dampings** are adjusted with two or three knobs (depending on whether a double-adjustable or triple-adjustable shock is used).

Beginner Monoskier

| Skier's weight | 120 lb | 160 lb | 200 lb |
|---|-------------|------------|------------|
| Spring Rate (Chamber 1) [psi] (Lower) | 30 | 50 | 80 |
| Ride Height (Chamber 2) [psi] (Upper) | 20 | 35 | 50 |
| Rebound Damping [click out] | 16 | 11 | 6 |
| Compression Damping [click out] Single Compression only | 22 (#1) | 17 (#2) | 12 (#3) |

(When Empty)

(When Empty)

(On-Snow)

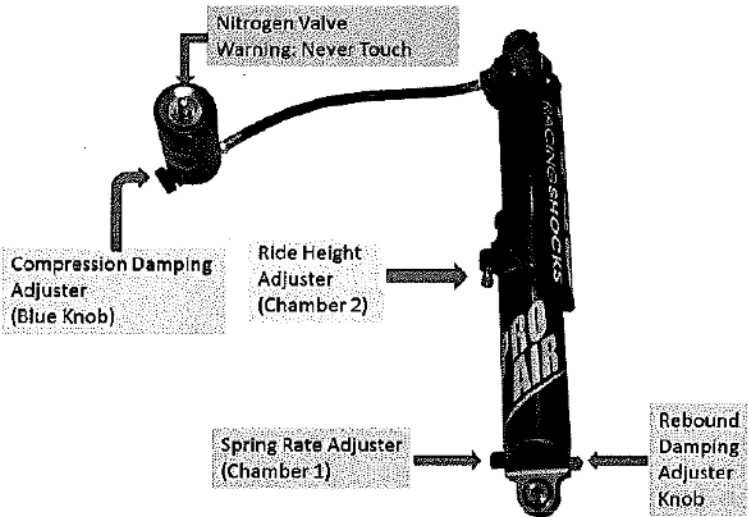
(Never beyond 25 clicks)

Intermediate Monoskier

| Skier's weight | 120 lb | 160 lb | 200 lb |
|---|------------|------------|------------|
| Spring Rate (Chamber 1) [psi] | 40 | 65 | 100 |
| Ride Height (Chamber 2) [psi] | 20 | 40 | 55 |
| Rebound Damping [click out] | 12 | 9 | 5 |
| Compression Damping [click out] Single Compression only | 18 (#1) | 14 (#2) | 10 (#4) |

Advanced Monoskier

| Skier's weight | 120 lb | 160 lb | 200 lb |
|---------------------------------|--------|--------|--------|
| Spring Rate (Chamber 1) [psi] | 55 | 85 | 120 |
| Ride Height (Chamber 2) [psi] | 25 | 45 | 65 |
| Rebound Damping [click out] | 8 | 6 | 4 |
| Compression Damping [click out] | 14 | 10 | 6 |
| Single Compression only | (#1) | (#3) | (#6) |



Caution!
Pressure in Chamber 1 > Pressure in Chamber 2
(Lower) (Upper)

When you increase air pressure, start with Chamber 1, and then Chamber 2.

When you decrease air pressure, start with Chamber 2 and then Chamber 1.

Maintaining snow ski & binding for your monoski

Tune edges and wax base

Considerations when demoing skis

Size, shape and mounting location

Bindings, din adjustments and blocks



Outriggers - Maintenance & Upkeep

Strings in good working order

No cracked plastic

Bolts, handles, springs and Velcro



Body and Shoulder straps

What's are my options?

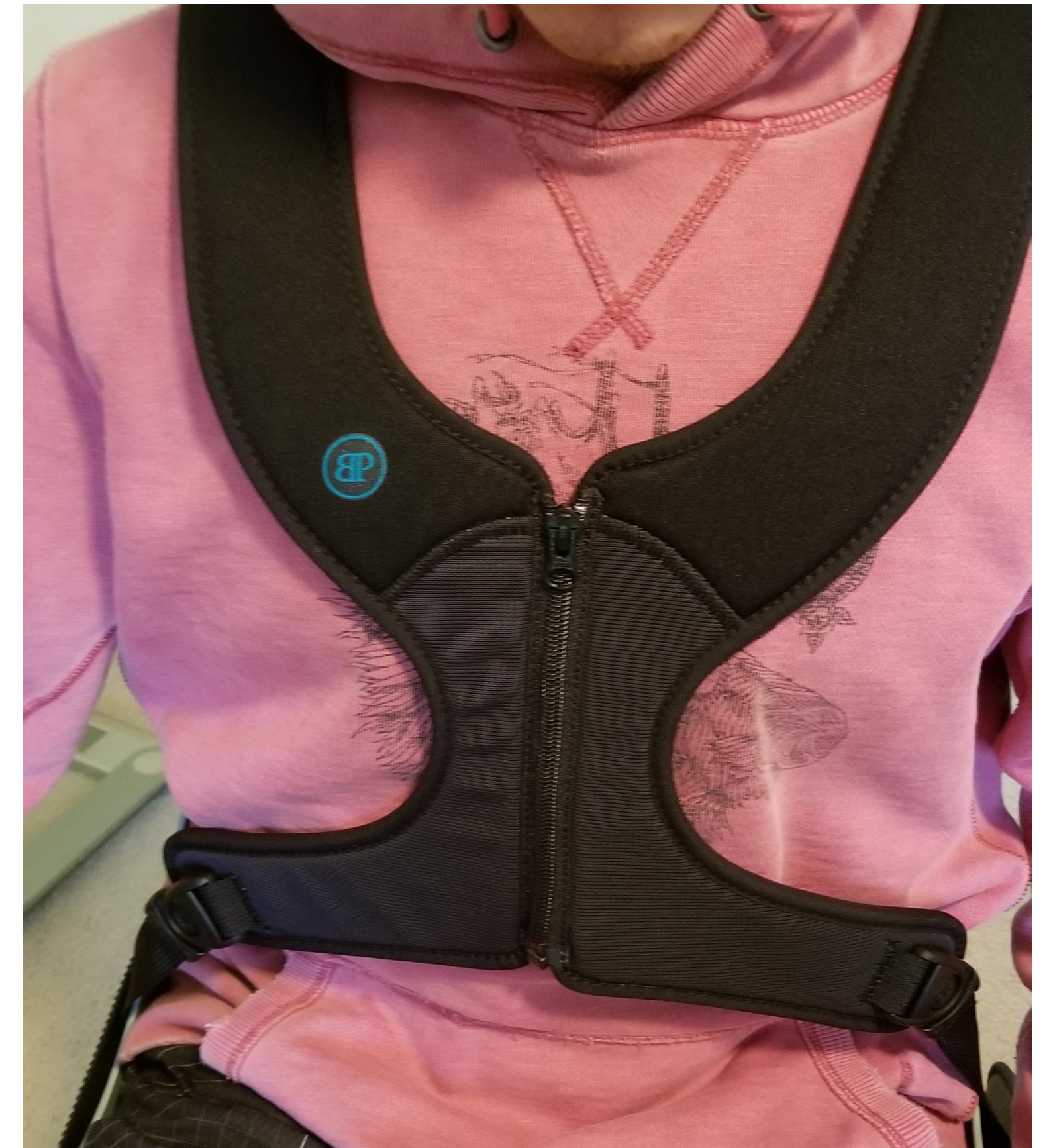
Do I want to upgrade any of my straps?



Abdominal Belt



Body Point Buckle



Body Point Shoulder Straps

Pre-Flight Checklist

General Monoski Maintenance

- Bolts
- Straps
- Block
- Bindings
- Outriggers

Go Bag - Tools on-hand

- Wrenches
- Duct Tape
- Hex Keys
- Straps/Ties
- Spare Parts
- Whistle
- De-icer/Chapstick/Silicone Spray



Monoski Manuals & Resources

DynAccess

<https://dynaccessltd.com/manuals/>

Enabling Technologies

<https://enablingtech.com/pages/product-manuals>

GMAS Monoski Resource Page:

<https://greenmtnadaptive.org/virtual-monoski-clinics-resources/>

Tessier Scarver Manual

High Fives Foundation



Stowe Monoski Day



Sunday, January 9, 2022

Lessons, Advanced Clinics, Networking

<https://greenmtnadaptive.org/events/stowe-monoski-day-2022/>