

How to Become a Better Skier

Presented by Tim Hanna

Hallmarks of Effective Skiing

- Skier's intentions equal outcome
- Good fore-aft balance - (not skiing in the back seat and even pressure distribution on bottom of skis, tip to tail)
 - Shins “in contact” with tongues of boots AND heels should be light
 - Recreational skiing - “shin contact” with 30% weight on heels
 - Racing - Significant pressure on shins with ZERO weight on heels
- Dominant ski on outside of turn
 - Recreational 60 - 70 % weight on outside ski
 - Racing - 100% weight on outside ski
 - Rhythm “Foot to Foot” skiing
- Equal edge angles on both skis (no A-framing)
- Upper Lower Body Separation
 - Angulation
 - Counter-Rotation - allows for quick turns and speed control in bumps



Hallmarks of Effective Skiing

- Rotary movements
 - Forms the basis for all turns
 - Dictates turn shape
 - Used to create counter-rotation
- Long Leg Short Leg
 - Forms basis for creating high edge angles
 - Rhythm creates the feeling of pedaling a bicycle
- These two items are coordinated and work in concert. This forms the primary coordination of skiing.



How to improve

- Lessons - Ski resort websites
- Clinics & Camps - Internet search
 - Greek Peak - Master Trax - Thursdays at 10 am
- Join adaptive skiing program
- Become a paid instructor - clinics - passes
- Join PSIA and go to continuing education events

How to Improve

- Do it yourself (DIY)
 - Books
 - YouTube
 - TCSC video library
 - TCSC Presentations
 - Ask your ski buddies for tips
 - Ski with good skiers

More DIY

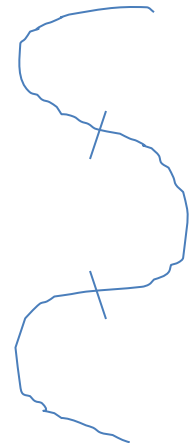
- Do drills
- Do progressions
- Do focuses
- Make use of the terrain and snow conditions
- Dial down the terrain

Checklist

- Fore-aft balance
- Ability to rotate feet and legs
- Ability to tip skis and change edging
- Are your moves smooth and controlled or are they rushed?
- Are you moving fluidly and relaxed or ridged?
- Problems with any of the above, dial down the terrain and work on these items.

Fix balance first!

- Foundational to your skiing!
- Fore aft balance
 - Build “sensory, feedback system”
 - Make it a focus
 - Hands in front
- Consider timing of your “forwardness” (95 %)
 - Explode into each turn
 - Doorway construct
 - Pole plant with forward move
 - Pull feet backwards



Dominant Ski

- Lift tail of inside ski as a drill
- Focus on “foot to foot” skiing



Equal Edge Angles

- Practice railroad tracks
- Initiate turns by tipping inside knee in direction of turn.



Upper Lower Body Separation

- Angulation
 - Roll your ankles inside your ski boots (preferred)
 - Pinch your side, core muscles
 - Shoulder tilt
 - Drag outside pole
 - Lift inside hand

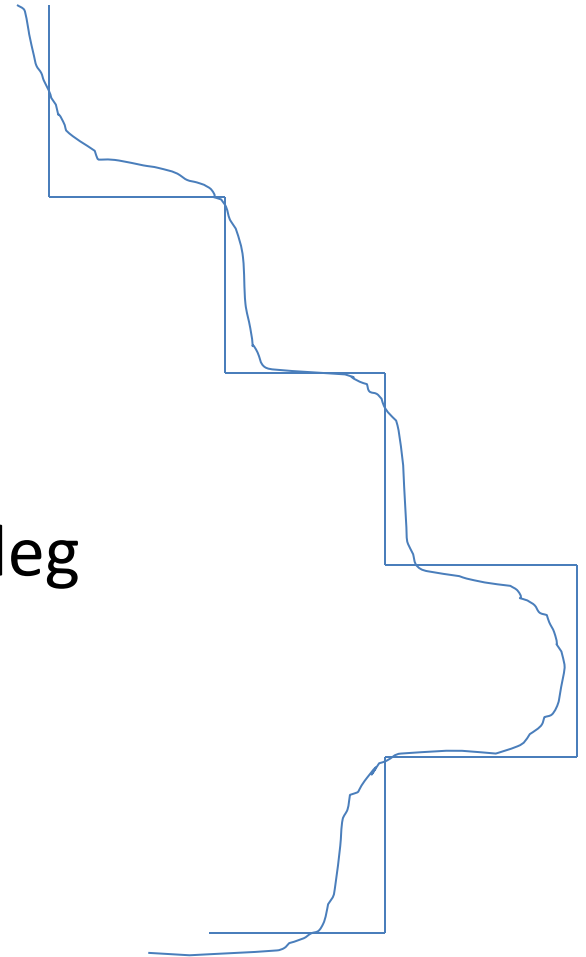


More Body Separation

- Counter-rotation
 - Do counter-rotated hockey stops
 - Do pivot slips
 - Add slight counter to railroad tracks (focus)

Long Leg Short Leg

- Do Garlands
 - Pedal bicycle
 - Add your own energy
 - Preemptive move
 - Squatty drills lengthening one leg



Recipe for Clean Railroad Tracks

- Initiate left turn by tipping left knee left
- Initiate right turn by tipping right knee right
- Stay forward and move hips forward at each transition
- Point belly button towards tip of outside ski
- Keep shoulders level and hands in front



Gauge your progress

- Base progress on skills development, not on terrain
- Do NASTAR. Track your handicap. The lower, the better. Check out NASTAR.com.
- Splurge on a CARV Digital Ski Coach system and track your “skiing IQ.”

Other Issues

- Arrested progress
 - Dial down terrain
 - Develop more skills on easy terrain and gradually introduce more challenging terrain
 - Example - Learn hockey stops, pole plants, etc. while on Magic Carpet
 - Employ relaxation methods while on easy terrain
 - Controlled Breathing, drop shoulders, etc.
 - “Skiing Reset”

Questions?