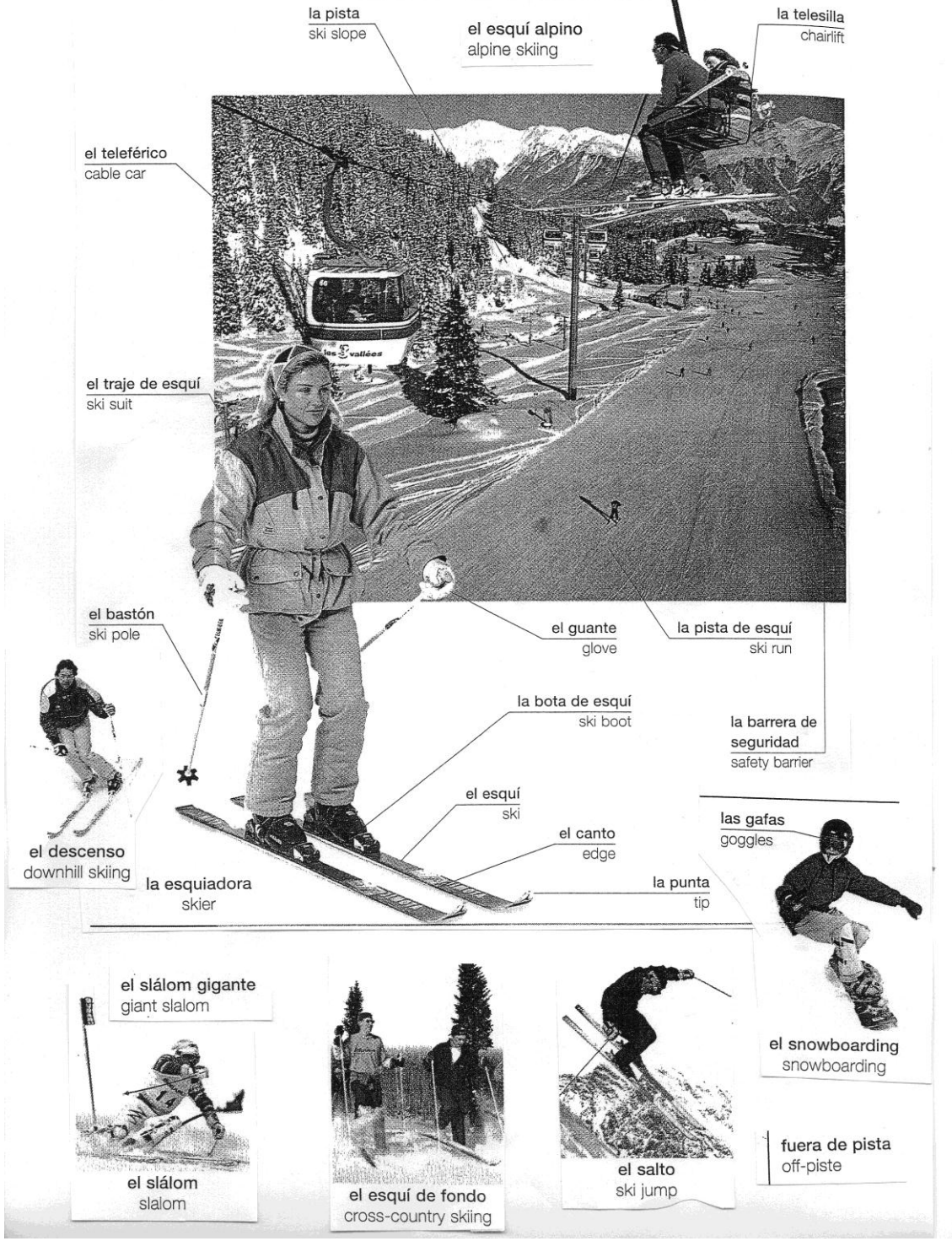


el esquí • skiing las modalidades • events



FOLLOW YOUR CONVITIONS!

- If you want to improve your **SKIING TECHNIQUES**

Watch your physical fitness

Learn the basic skills of skiing

- If you want to improve your **ENGLISH EXPRESSION...**

Prepare the vocabulary in English before skiing

Do not be afraid of not speaking English well, do not be afraid of making mistakes.

REMEMBER NEXT TIME YOU ARE GOING SKIING

- **WHAT IS MY INICIAL LEVEL?**
- **WHAT ARE MY OBJECTIVES?**
- **HOW I CAN IMPROVE MY TECHNIQUE?**
- **DO I KNOW THE SKIING SKILLS STEP BY STEP?**

1- DIRECT REDUCTION

Straight line with a small slope. Flat skis and weight distributed on both legs, knees and ankles flexed. Change your body weight forward, arms forward too and slightly bent.

2- WEDGE (OR SNOWPLOW)

Way to slow down or stop for beginners. Leg extension, nailing the inner edges, at the same time we opened the tails of skis.

3- WEDGE TURN

Is also a basic ability to make turns. Changing the weight in every turn. We extend the outside leg making an active pressure on the inner edge of the ski, and the inner leg follows the other.

4- FUNDAMENTAL TURN IN BASIC

Going diagonally ,we initiate the turn making wedge. Turning the knees uphill and we compensate taking the core downhill.

5- INTERMEDIATE AND ADVANCED...

Facing slope, nail stick, we grouped making a little slide...

WHAT IS YOUR GENERAL CONDITIONING?

Keep interested in physical education classes. Ask your doubts, you must learn to make your own fitness program **It is very important to be physically ready before you go Skiing.**

Skiing would be much funner if you are physically ready, and skiing skills would be much easier to learn. If you don't complete this fitness program you will get tired easily and you will be much more susceptible to Skiing injuries. If possible, do some moderate Exercises for several weeks, or at least a month or two before Skiing to strengthen and to make your tendons, muscles, and ligaments flexible.

Ski Fitness. Basically, there are three elements to Ski Fitness which can really aid you in your program:

Skiing- Flexibility Is the most important physical conditioning factor in preventing injuries. Every day practice "Sun salutation" and stretching all of you muscle groups for around 20-30 seconds before and after workouts will definitely do you good. Focus your Flexibility training on your upper legs, twins, shoulders, and hips...

Strength Training. Skiing will primarily make use of your legs, your quadriceps, since they do most of the work on the downhill. Go up the stairs in stead of using the elevator. Walk as much as you can to make your legs stronger. You can jump rope or use fitness-band...

and Endurance, Cardiovascular (Aerobic)... Cardio workout should be done 3-5 times a week, 30-45 minutes each session. You can develop Endurance through leisure activities like skating, and Bicycle, running, Swiming, Dancing if you prefer...

SKIING VOCABULARY

EQUIPMENT:

A pair of skis, ski boots, ski poles, snow suit, ski pants, jacket, snow cap, sun glasses or goggles, Chapstick (with sunblock) and face sunblock.

SKI PARTS: front, tail, edge, binding

BODY PARTS:

Upper body, arms, core (stomach, back, bottom, hips), legs (thigh, calf, knees, ankles)

SKI RESORT INFORMATION:

Ticket office, trail map, lift tickets, ski lift, chair lift, handle tow, magic carpet, fast lift, ski rental, instructor, meeting point, closing time, medical clinic, weather forecast, storage. Dry sky slope, snow-machine, powder...

SKI TECHNICAL:

Balance, body weight, forward, backward, go down, bend knees, join knees, change body weight, lift right ski, keep apart feet, turn left, turn right, look over there, check your motions and your coordination, skill, ability, exercise routine, pull gravity center down, unblocked, ski carving, smooth turn, initiation phase of the turn, in making the turn, crossovers, inside leg, outer leg, uphill, downhill, pressure against it, starting body position, correct execution, wrong way, follow the guidelines instructor...

SKIING BY YOUR OWN ON THE AFTERNOONS:

First you should choose your level of slope difficulty, ski runs are marked with a color coded according to difficulty.

BEGINNER: **Green slope** (very easy), **Blue slope** (easy)

MEDIUM: **Red slope** (Difficult)

ADVANCED LEVEL: **Black slop** (Very difficult)

REMEMBER THAT SNOW AND WEATHER CONDITIONS CAN INCREASE THE LEVEL OF DIFFICULTY.

PAY ATTENTION:

WARMING UP CORRECTLY: it's of vital importance that you warm up for a few minutes before starting to ski.

KEEP ON A CORRECT BODY POSTURE: keep your body weight forward and bend your legs, don't move your arms and hips, keep your back straight and look straight (be aware of your surroundings).

BEGIN TO SKI SLOW AND WITH SMOOTH MOTIONS, YOU ARE BUILDING UP YOUR CONFIDENCE. We are going to have a great time. Before starting to ski, in order to have a good time, it is very important to know the basic rules of safety on the slopes.

SKIER SAFETY RULES:

- The skier must behave in such a way so as not to hit other skiers
- Always ski in control and within the field of vision
- Watch your speed, especially in crowded areas and in beginners' areas
- **The skier behind you will choose his way, without endangering the skier ahead**
- Whenever you enter into a slope, look uphill and downhill to be sure that is clear.
- You must not stop in the middle of the slope or in a thin trail
- Be careful when you ski off the main trail or run
- Never ski on closed slopes
- **Always ski with your group and in your level**

Wedge and turns into wedge (Beginner and Medium level)

Parallel, moguls, jumps, ... (Advance level)

It is very important to focus on your body parts in order to ensure an unblocked and smooth cross-over. Look for some terrain where the slope is clear and wide enough that will allow you to go across and make turns.

When you already found the area, begin to traverse across the slope. When you are close to that point when you would be starting your turn, across your skis in order to aid you in changing onto the new edges for another new turn.

Made sure to concentrate on key areas of your body in order to make a smooth turn. With continuous practice, together with a lot of confidence, skill, and patience, you will be able to get used to positioning your body to avoid blocks, and make smooth turns.