

NZSIA Presentation

Tuesday 18th Jan

SKI

TELEMARK

SNOWBOARD



INTERSKI
DO IT. FEEL IT. BE IT.
2011



Workshop Topics

SKI

- Embrace the adventure - Alpine
- Eliminate the POP – Freeski
- Skiing is the adventure – Kids

TELEMARK

- Culture rather than discipline

SNOWBOARD

- Coach approach
- Spin to win



INTERSKI
DO IT FEEL IT BE IT
2011



“Embrace the Adventure”

Development of intermediate parallel skiers to versatile all mountain skiers

Skills to prepare for the adventure

Tactics to deal with all situations



“Embrace the Adventure”

Performance Skier –Tip it Up

Mountain Skier –Turn it Up

Free Skier – Jib it Up

How do we get there.....



INTERSKI
DO IT FEEL IT BE IT
2011



“Embrace the Adventure”

Path of the CENTRE OF GRAVITY relative to the BASE OF SUPPORT

It's all about getting out there and giving it a go....

**Skill development through exercises, drills, tactics
and the coordination of movement**

Result focused – what the ski does on the snow



INTERSKI
DO IT FEEL IT BE IT
2011



“Eliminating the POP”

What is “POP”?

Implications of sudden extension

Benefits of a gradual extension

Constraints of ski boots versus biomechanics of the foot



INTERSKI
DO IT. FEEL IT. BE IT.
2011



“Skiing is the Adventure”

Being on the mountain is fun & exciting and kids love it!

Having an adventure is what it's all about – at every level

Returning the kids at the end of the day with a huge smile and begging to come back means a successful day at work



INTERSKI
DO IT FEEL IT BE IT
2011



“Skiing is the Adventure”

Teaching tools to create a fun, successful and safe lesson

Focus on appropriate skill development

Practise..practise fun - ways to keep the group moving

Terrain tactics



INTERSKI
DO IT FEEL IT BE IT
2011



“Culture Rather than Discipline”

Mainly non competitive outdoor recreational enthusiasts

Off piste, back country, groomed carving

Teaching- simple and stable with a natural progression.



INTERSKI
DO IT FEEL IT BE IT
2011



“Coach Approach”

Raising Awareness

Creating Responsibility

Creating Self Belief

Exam assessment levels and marking systems



“Freestyle”

Freestyle overview

Spin to win

Footloose and fancy free



INTERSKI
DO IT FEEL IT BE IT
2011

