



# RACING SKIWAX SEMINAR NORDIC



**IBU COACH SEMINAR 2016**

JUNE 16-19, 2016 | MUNICH - GER



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## *REASONS FOR* PERFECT SKIS

SKIMODEL	60 %
SKIBASE	10 %
STIFFNESS	10 %
GRIND /STRUCTURE	15 %
<b>WAX</b> & <i>APPLICATION</i>	<b>5 %</b>



## 5 STEPS TO THE PERFECT SKATING SKI

- 1. BASE PREPARATION
- 2. CLEANING
- 3. HF PARAFIN
- 4. FLOUR POWDER
- 5. STRUCTURE



## **BASEPREPERATION - HOW TO DO**

1. BREAK THE EDGE WITH NIROSTEELBLADE



2. CLEANING WITH PADSET



3. USE OVAL BRUSH BRONCE LONG WIRE



4. USE NANO CFC CLEANER WITH  
BASE BRUSH STEEL MICRO FINISH  
AND CARE FLEECE



5. DECIDE FOR ONE OF THE FOLLOW 3 OPTIONS



## BASEPREPERATION - 3 OPTIONS

NONFLOUR



> 5 X IRON

LOWFLOUR



> 5 X IRON

HIGHFLOUR  
POWDER



3 X IRON



## WAXING WITH PARAFFIN



1. IRON WITH THE RIGHT TEMPERATURE (WRITTEN ON THE BOX)
2. COOL DOWN
3. USE THE GROOVE SCRAPER
4. USE THE PLEXI SCRAPER
5. USE OVAL BRUSH STEEL OR BRONZE
6. USE BASE BRUSH STEEL MICRO FINISH
7. USE CARE FLEECE





WAXING WITH PARAFFIN

# TOOLS



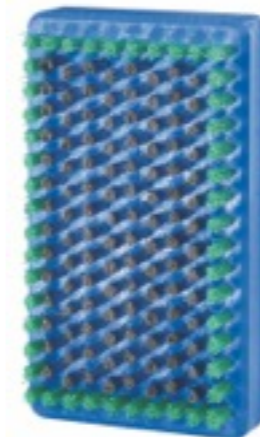
OR



AND



OR







## WAXING WITH HIGH FLOUR POWDER



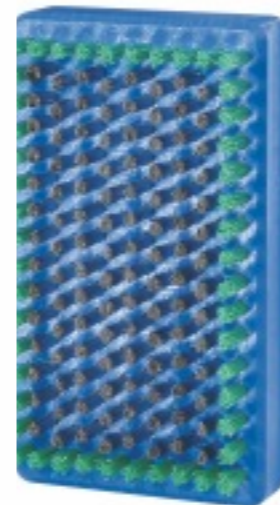
1. IRON WITH 180°C
2. FLEECE WITH ROTOFLEECE 1200RPM
3. COOL DOWN
4. BRUSH WITH OVAL BRUSH STEEL
5. BRUSH WITH STEEL MICRO FINISH
6. USE CARE FLEECE

**ATTENTION!!!! USE ALL TIME DUST MASK !!!**



WAXING WITH HIGHFLOWPOWDER

## TOOLS





## WAXING WITH HIGHFLOUR RACING FINISH



SPEEDBLOCKS : RUB, FLEECE AND BRUSH



SPEEDFINISH: SPRAY, FLEECE AND BRUSH



SPEEDPASTE: RUB, FLEECE AND BRUSH



WAXING WITH HIGHFLOUR RACING FINISH

## TOOLS



**AND**



**OR**



**OR**



**AND**



**AND**



## STRUCTURE



WICH DIFFERENT STRUCTURE THERE ARE ?

- 1. LINEAR STRUCTURE    I I I I I
- 2. CROSSSTRUCTURE    X X X
- 3. SCREWS    // // // // //
- 4. TRIANGLE    > > > >





## STRUCTURE & CONDITIONS

1. LINEAR STRUCTURE IIIII

MOSTLY USED TYPES ARE 0,3 | 0,5 | 1,0  
FOR WET AND OLD SNOW

2. CROSSSTRUCTURE XXXX

MOSTLY USED IN MARBLE SNOW OR IN  
COMBINATION WITH LINEAR IIII FOR VERY  
WET CONDITIONS

3. SCREWS /////

MOSTLY USED FOR LOW WET CONDITIONS  
OR IN COMBINATION WITH LINEAR STRUCTURES IIII

4. TRIANGLE >>>>

MOSTLY USED TYPES ARE 0,3 >>>> 0,5 >>>>  
FOR NEW SNOW AND CURSED SNOW

KNOWHOW BRUSHES

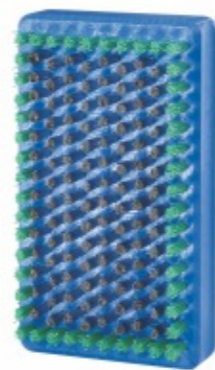
## *THE KEY FOR SUCCESS*

*COMBINATION OF ONE COURSE AND ONE FINE BRUSH*



OR

AND



OR



AND





**THANK YOU AND A SUCCESSFULL SEASON 2016 / 2017**

**YOUR HOLMENKOL WORLD RACING TEAM**