



## BASIC SKIING

### Goal

The goal of this fundamental area is to teach parallel ski turns with rhythm, control and balance.

### Definition - Athletic Stance

Athletic stance- Athlete is balanced and centered on the skis. The skier's body position is characterized by their ankles, hips and shoulders being in a right angle position to the skis.

The athletic stance is helpful in the teaching of skiing because it is a reference point for the skier to achieve at the crossover point of a turn for straight running and jumping. The skier should always begin a turn in balance. A balanced and centered stance allows the athlete to achieve both a released edge and subtle edging pressure to complete and initiate a turn.

### Dynamic Skiing - Athletic Stance

There are differences in technique and movements at the cross-over point based on the turn radius/discipline, however, the concept of moving through the athletic stance at the cross-over point reinforces the athlete's need to establish proper weight and pressure on the ski to initiate the turn. In the longer turns the move through the athletic stance is more apparent; in shorter turns it appears instantaneous or not at all. In addition, the athletic stance is helpful as a reference point at the approach to terrain. It reinforces the need to be balanced before absorbing or taking-off.

### Definition - Parallel Position

Parallel position-The parallel position is a balanced and centered position for a turn. The skis are parallel (tips and tails are equidistant apart) with the appropriate lead of the inside ski and body to accommodate for the pitch of the slope. The skier's body position is characterized by their ankles, knees, hips and shoulders being in a parallel relationship to the skis.

The parallel position is helpful in teaching skiing because it is a reference point for the alignment of the body when making an alpine race turn. The proper alignment of the hip relative to the upper and lower body parts is critical to achieve balance, strength and efficiency for alpine racing.

### Parallel Position & Dynamic Skiing

The skis and hips become the most reliable evaluation tools for identifying the parallel position during dynamic skiing. This is because individual skiers will have inconsequential variations in body position, the most obvious being the amount of knee angulation used to maintain balance, rhythm and timing while skiing dynamically.



These differences can be due to many variables, for example physiological structural variations and canting. An important point relative to knee angulation is that the lower joint rotation is not also rotating the hip from the proper alignment (parallel position).

## **Dynamic Skiing & Turn Phases**

Initiation Phase- Emphasizing the use of ankles and knees at the initiation phase of the turn to establish edge angulation and pressure.

Turning Phase- Emphasizing the coordination of the ankles, knees and hips in the turning phase to increase edge and pressure while anticipating the redirection of the center of mass (C of M).

Completion Phase- Emphasizing the use of the hips, knees, and ankles to decrease and release edge angle and pressure while moving the C of M toward the crossover point.

Crossover point- Emphasizing the unweighting of the skis to allow the athlete to change edges for a new turn.

## **Conclusion**

The goal of the fundamental area of basic skiing is to teach parallel turns. The use of the athletic stance and the parallel position as references for dynamic parallel turns provides the instructor with a simplified approach to their teaching. More of the drills presented in Fundamentals II are dynamic for the purpose of emphasizing parallel turns with rhythm, balance and control. Remember, keep it simple and have fun.