

# SKIING

## 1. Alpine skiing

- at ski resorts, on trails
- lifts, funiculars
- snowmaking equipment
- techniques: snowplough (wedge) – to control speed, turn (shift weight), stop; – tips together, tails apart
  - step turn – stepping onto the outer ski
  - stem turns – pushing one ski out to the side

## 2. Nordic skiing

- trails, cross-country centres
- techniques: diagonal stride (walking) – poles to propel forward;
  - skating stride (skating)
  - herringbone (climbing)

## 3. Equipment

- Ski – steel edges
- alpine skiing – “shaped, carving, parabolic” skis – specially designed to make it easier to carve a turn
- wax, boots, bindings, poles – basket, helmets, goggles

## 4. Competition

### I Alpine: skiers run courses through a series of gates

- Slalom – two runs, the skier with fastest combined time from both wins; tightly set gates, precision required
- Giant Slalom – longer than slalom, gates further apart, helmets required
- Super Giant Slalom – courses longer than giant
- Downhill – the fastest, most dangerous, long, few gates, helmets, very long skis for greater stability, tight suits
- Combined – slalom and downhill

### II Nordic:

- Racing – from 5km sprints to 50km marathons, combination of uphill, downhill, flats; individual, relays (men 15,30,50; women 5,10,30); diagonal stride, in freestyle – skating; world cup relay men-4 times 10, women 4 times 5km.
- Jumping – ski down an inrun to takeoff point, land on a steep hill, classified according to the average distance jumped; V technique – most aerodynamically successful
- Nordic combined – jumping + cross-country (two rounds of 90m jumps and 15km race)

### III Freestyle: borrows movements from gymnastics, figure skating, scored by judging

- Acroski – jumps, spins to music, one 90 sec run
- Moguls – runs on a moguled slope with two jumps
- Aerials – two jumps

### IV Other

- biathlon – cross-country racing + shooting – 20km (4km periods – shooting); penalty system – extra time added for inaccurate shots