



Contemporary Skiing
Workshop in Applied Technique

Phil McNichol
Ron LeMaster

Workshop Format

Discussion Topics For All Groups

- What in mechanical terms defines the transition from turn to turn?
 - What do you look for (or at) in an athlete's skiing to define what is happening?
 - What is special about a particular picture that would make you conclude something you see in it might not apply to other situations?
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Discussion Topics For All Groups

- Is there something special about the athlete's morphology that causes something to be accentuated?
 - How would you approach developing this specific characteristic in an athlete?
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Suggestions

- Label and draw on images to help focus your thinking and communicate
 - Consider other terms you use or have heard that is equivalent to those presented here
 - How clear and concrete are the terms you are using?
 - Do the terms mean the same thing to everyone in your group?
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Background Information and Terminology

Turn Phases

- Initiation
- Control
- Completion

Turn Phases (cont.)

- Transition
 - Begins with the beginning of the release from one turn (in the completion phase)
 - Ends with the engagement of the skis in the control phase of the next turn
 - The period where the completion of one turn merges with the initiation of the next.

Group One: Force and Pressure Control

Overall Force and Pressure

- How does total force or pressure on the athlete change through the phases of the turns?
 - How does this vary with
 - Pitch
 - Turn radius
 - Turn shape
 - Other factors
-



Fore/Aft Balance and Pressure

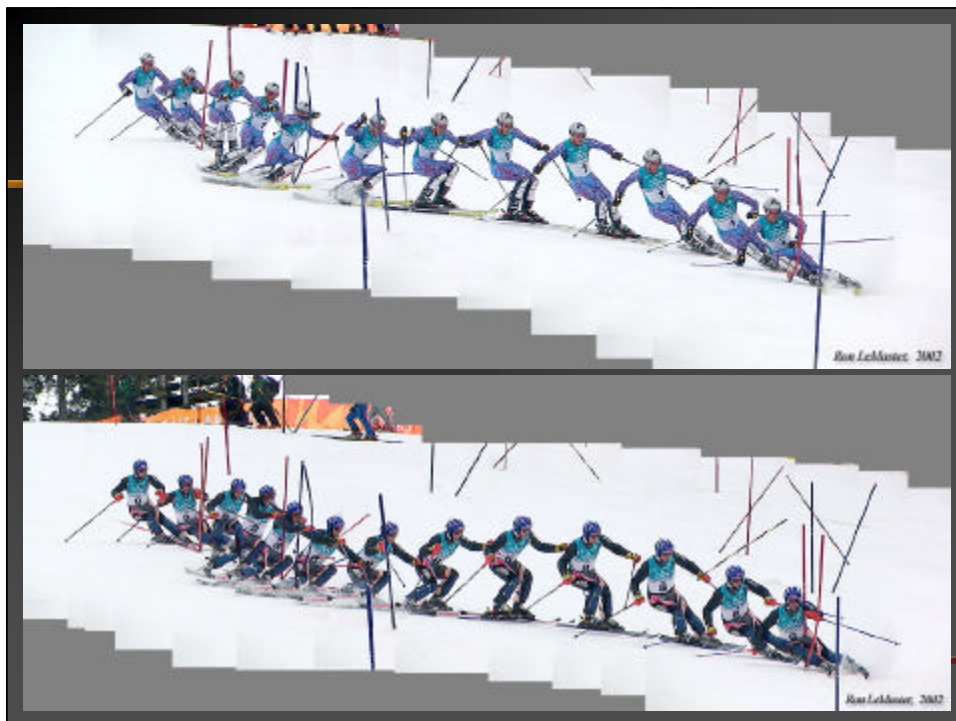
- How does the athlete's fore-aft balance change through the phases of the turn?
- How does the pressure on the skis vary with the athlete's fore-aft balance? Are there times where the pressure is low when the balance is extreme to the front or rear?



Group Two: Edge Angle

Edge Angle

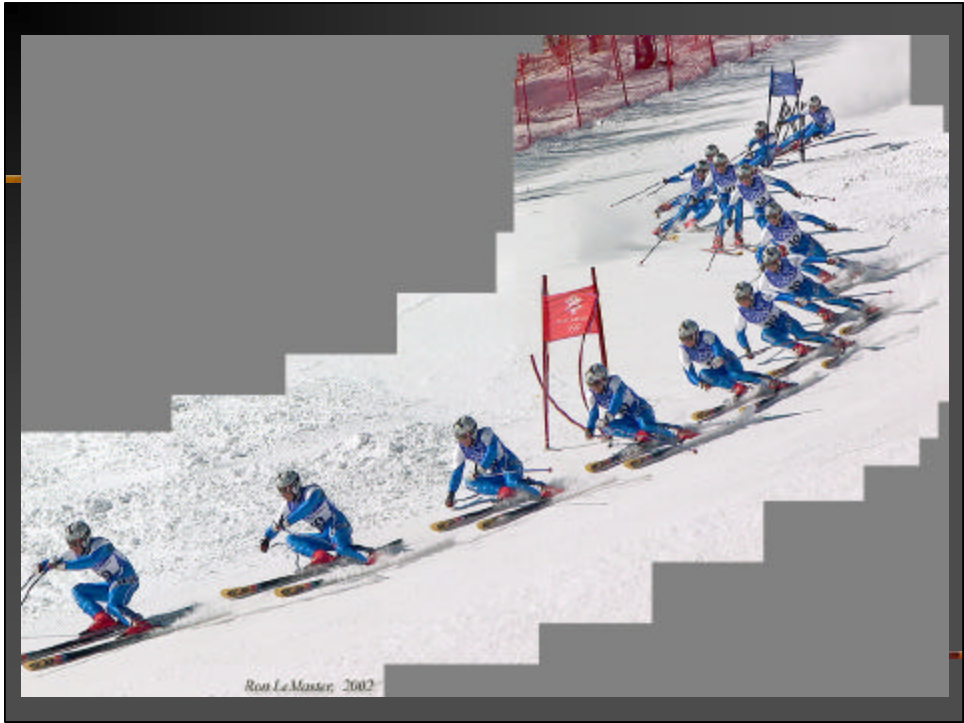
- How does the athletes lateral balance relate to the edge angle?
- How does the athlete adjust edge angle through the initiation phase?
- How does the athlete adjust edge angle through the control phase?



Group Three: Rotary Movements

Rotary Movements

- How is the amount of initial pivot going into the turn affected by
 - Pitch
 - Turn radius
 - Turn shape
 - Other factors
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Group Four: Vertical Movements

Vertical Motion

- How does the amplitude and timing of the skier's vertical movements affected by
 - Pitch
 - Turn radius
 - Turn shape
 - Other factors



Ron LeMaster, 2001

- There is a breakover that starts halfway between the first two panels, and gets steeper as Cuche passes the blue panel.



Ron LeMaster, 2002

