

THE WAY TO BETTER SKIING

LEARN FASTER & SKI BETTER



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MULTI MEDIA LEARNING

THE WAY TO BETTER SKIING

BY LASSE LYCK

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The Way To Better Skiing

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reference to author and publisher may be used.

Warning

Skiing can be dangerous! Therefore activities described and illustrated in
this book are undertaken solely at the discretion and risk of any person
using this book. The person or user is responsible for undertaking the
necessary precautions as regards insurance and all matters related thereof.
This book is intended only to give practical advice on skiing and is there-
fore recommended to be used in conjunction with advice and/or instruc-
tion from fully qualified ski instructors with prior knowledge of the loca-
tion where the activity is to take place.

The publisher accepts no responsibility for loss, injury or inconvenience
(material or personal) sustained by any person using this book, or any
other third party while undertaking the activity aforementioned.

As professional ski instructors, we have always had one primary objective in mind: to make skiing as easy as possible for our students. By making skiing easier, we believe it is possible to increase the fun of skiing while also improving technique. This has been the centerpiece of our work whether teaching skiers on or off the slopes.

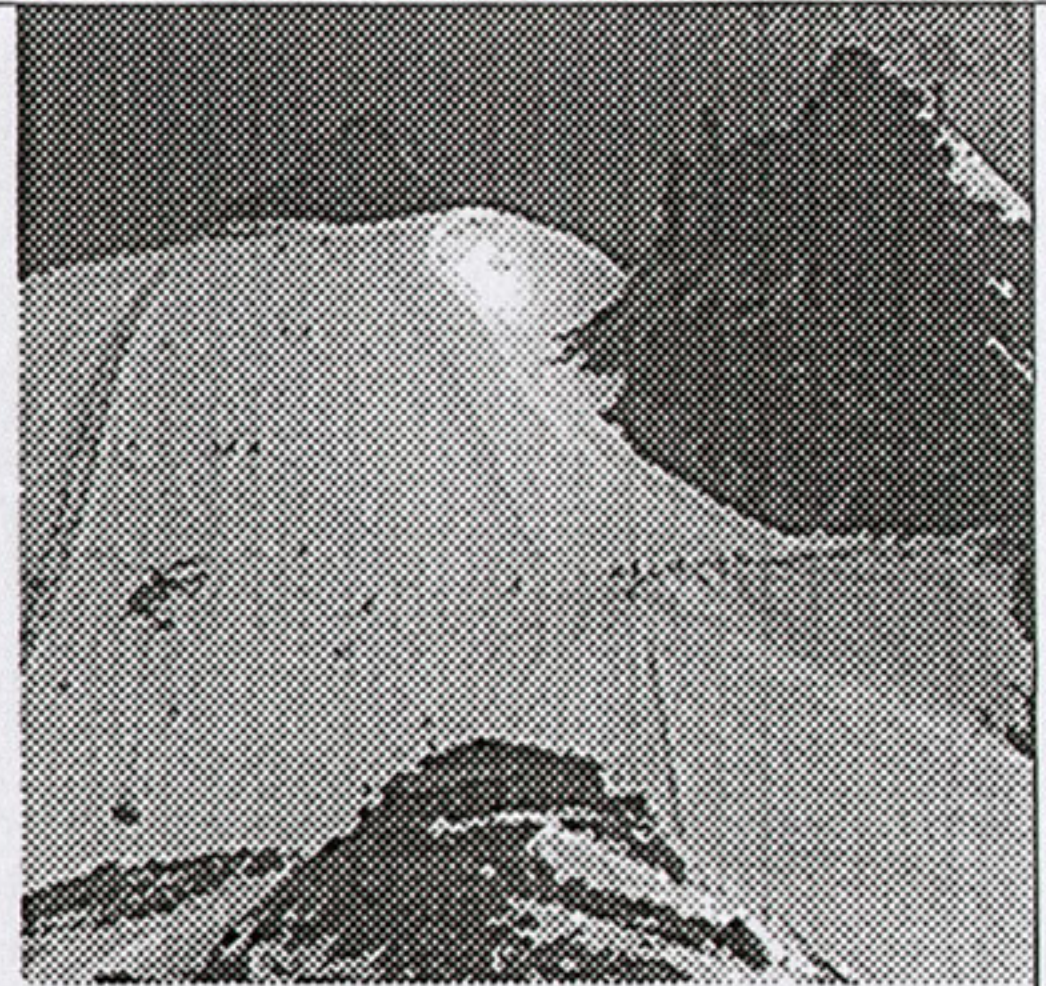
In the mid 1990's - after a number of years with little, or no progress within the skiing industry at large - things began to change for the better. With the launch of the carving, or super side-cut ski, the skiing industry took a giant leap forward. Thanks to these new skis, the possibility of a better skiing experience improved dramatically.

Inspired by world-cup racers, skiing technique changed quickly to suit the new skis. But unfortunately, this was rarely reflected in ski school's approach to teaching. Carving technique, for example, was rarely integrated into traditional ski school courses.

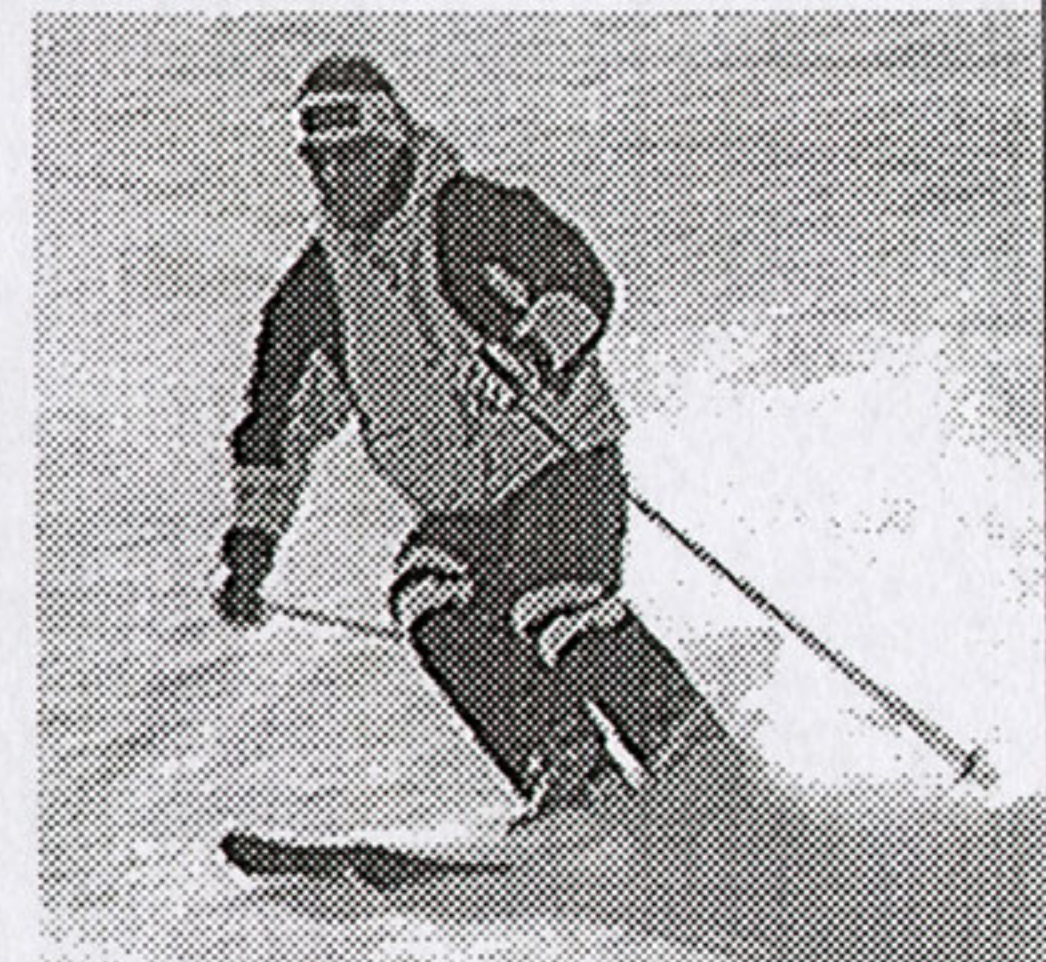
With Learn My Sport's revolutionary multimedia learning system, skiing technique and the learning approach have been redesigned to fit the new equipment and the new millennium in the best possible way. Through the unique combination of this book, the CD-ROM and the Internet, we have created a learning system that makes skiing more fun and easier to learn.

Therefore, we are unavoidably proud of the product at hand. Use it to improve your skiing, and let it inspire you to have more fun on the slopes. The mountains are waiting to be conquered!

The people behind "The Way to Better Skiing"



Hintertux, Austria



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SKIING IS SIMPLE AND EASY!

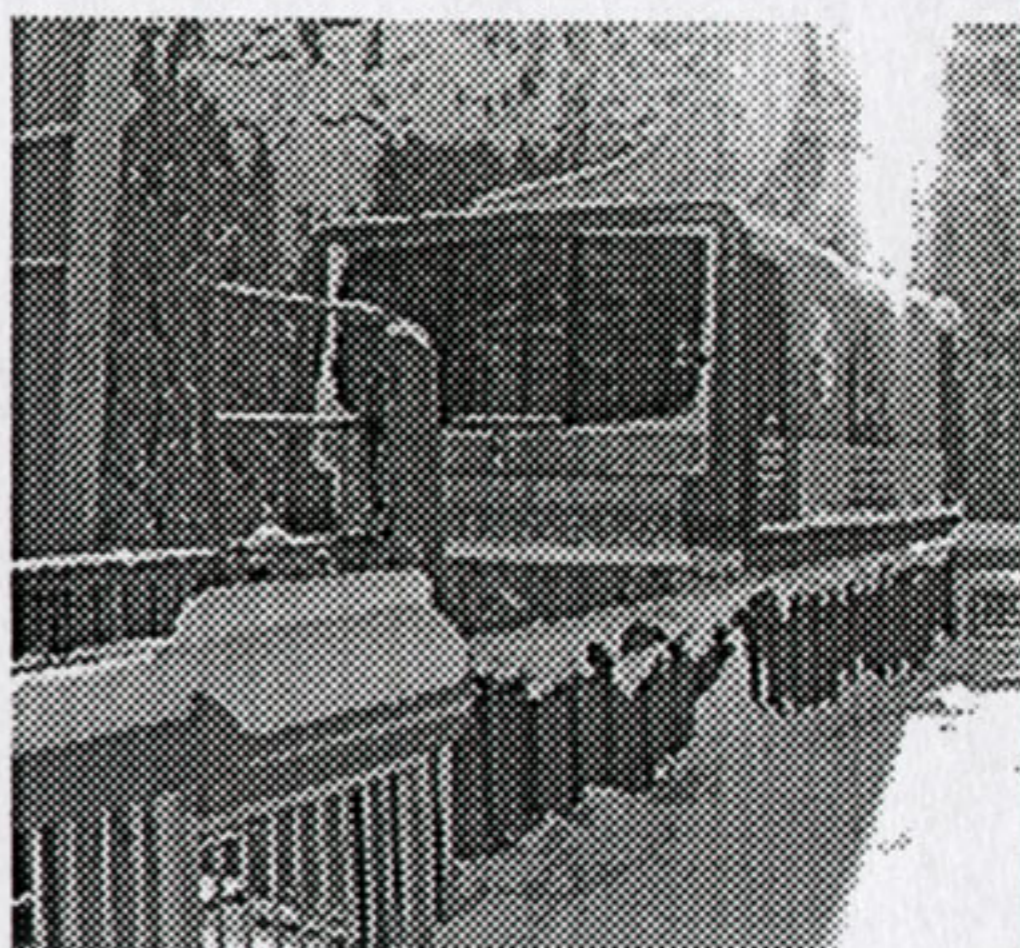
Most skiers' dream is to be able to ski effortlessly down the mountain. This doesn't necessarily have to remain a dream. It can become reality. To make your dream a reality, two conditions have to be met.

Firstly, you have to have a working knowledge of the basic mechanics of skiing. Secondly, you should have the possibility of practicing this theory on the mountains. You really don't need much more than this.

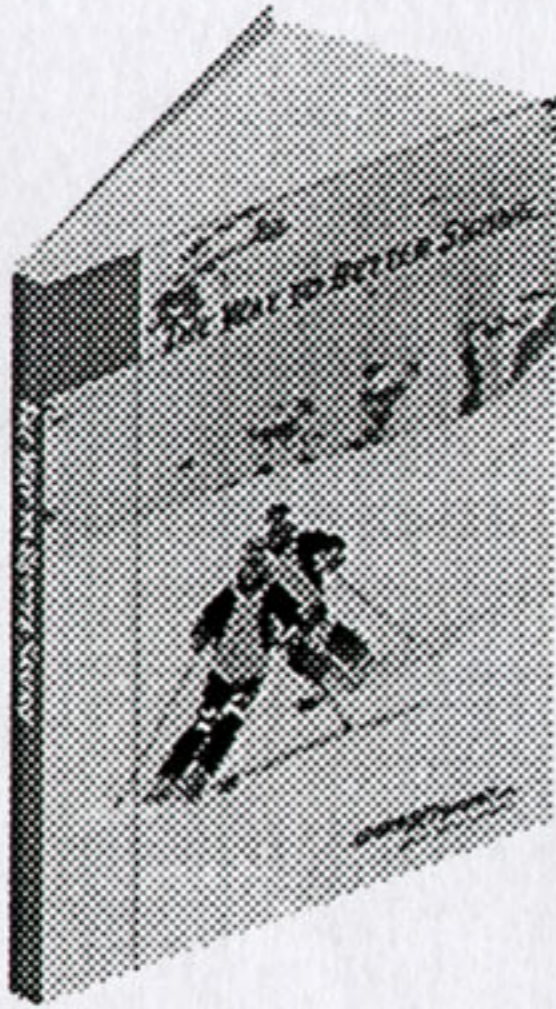
This book will give you the right foundation for improving your skiing skills - either alone or together with a professional ski instructor.



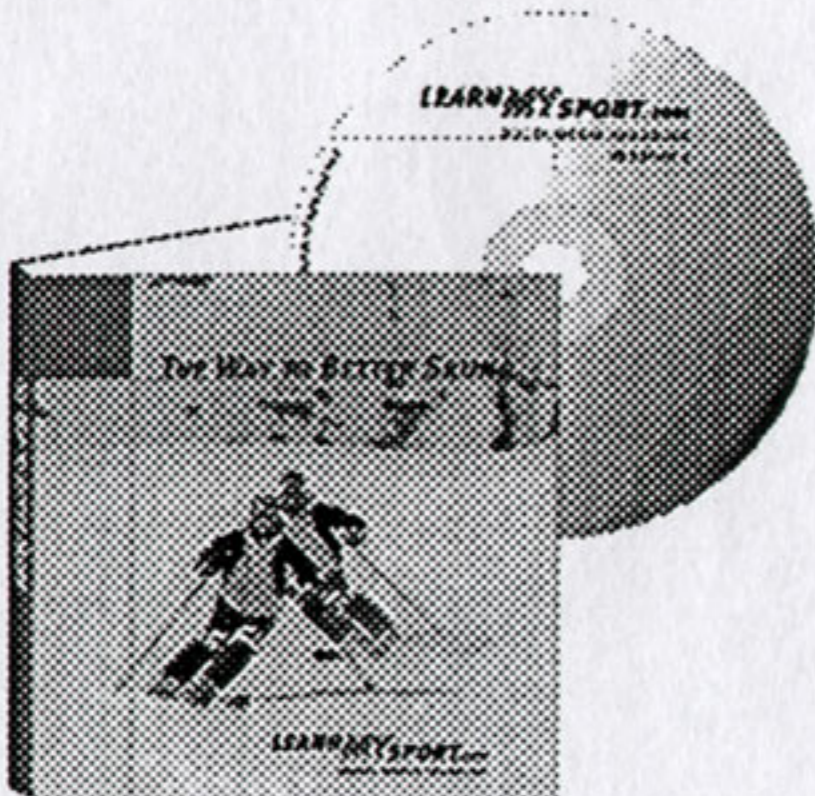
Chamonix, France



Mont Blanc, France



The book



The CD-ROM

THE USE OF THE MULTIMEDIA LEARNING SYSTEM

This book is part of a unique learning system, "The Way to Better Skiing", that also includes a CD-ROM and an Internet site. While each can be used in its own right, the three media have been designed to complement each other.

The book contains in depth information and background knowledge about technical aspects of skiing.

The CD-ROM supports the book with 12 different high quality video sequences with a running time of 45 minutes.

The Internet site www.learnmysport.com is where you can find more information about skiing, ask the experts behind the book, chat with other skiers, get the weekly ski tips and a lot more.

Using our intergraded multimedia learning systems goes a long way in helping you prepare for your ski vacation.



CONTENTS

Six chapters cover the necessary and important aspects of skiing:

Chapter 1 and 2 describe the background and philosophy of skiing, with specific information about modern skiing technique.

Chapter 3 covers training exercises, from intermediate to expert level.

Chapter 4 deals with some of the typical barriers skiers may face while skiing; exercises are suggested in order to overcome those barriers.

Chapter 5 considers women and skiing; for example, modern skiing equipment and overcoming fear so as to make skiing more enjoyable.

Chapter 6 details information about snow conditions, weather, avalanches etc.

NAVIGATION AND GLOSSARY

All chapters are categorized with both a number and a colour. Tips are summarized following each chapter.

Words in bold type are explained in the glossary at the end of the book.



Lasse Lyck

LASSE LYCK

Lasse started his skiing career as a child. At the age of twenty-one, he qualified as a ski instructor with the Danish Ski Federation. In 1995, he passed the highest level for skiing instructors in Denmark. In 1998, he passed the prestigious level III ski instructors' course (PSIA - Professional Skiing Instructors of America) in Aspen, Colorado. He has examined Danish ski instructors since 1997 and is a member of the Danish Interski Demo Team. Lasse has worked as a professional ski instructor in Serre Chevalier, Val d'Isere and Alpe d'Huez in France and in Vail in the United States. Lasse has spent the last years as Managing Director of Learn My Sport.



Pernille Hornhaver

PERNILLE HORNHAVER

Pernille is a ski instructor and has passed exams by the Danish Ski Federation and The Professional Skiing Instructors of America (PSIA). She has worked professionally as a ski instructor in Serre Chevalier and Alpe D'Huez in France as well as Vail in the United States. Pernille has a B.A. in economics, but is currently pursuing a Master's degree in Psychology.



Martin Hultén

MARTIN HULTÉN

The Danish Ski Federation awarded Martin his level III ski instructor diploma in 1992. In 1998, he was the first Dane to achieve the prestigious French Ski Instructors' title "Moniteur National de Ski Alpin" from ENSA in Chamonix. Martin works as a professional ski instructor in Alpe d'Huez, France. He is also a member of the Danish Interski Demo Team. Martin has taught Danish ski instructors for the Danish Ski Federation since 1996. He also holds a Master's degree in Literature.

TUE DAVID BAK

Tue started skiing when he was seven years old and began to race competitively in the United States at the age of nineteen. He became a ski instructor in 1991 and passed the Danish Ski Federation's highest level of ski instruction examinations, level III, in 1995. He passed the Pan-European skiing instructor exam in giant slalom in 2000, one of the few Europeans ever to do this. Tue has taught Danish ski instructors since 1997. He has taught skiing in Veysonnaz in Switzerland, Serre Chevalier, Alpe d'Huez and Val Thorens in France, as well as Vail in the United States. He has a Master's degree in Political Science.



Tue David Bak

FRANK LUND

Frank is a fully certified ski instructor in Italy and Denmark. He is head of the Commission for Education of the Amateur Ski Instructors Federation (IVSI). He has worked as a ski instructor for 20 years, primarily in Monte Bondone in Italy. He has been the representative for the Danish Ski Federation at every Interski Congress since 1978. Frank works as a teacher. He is also the author of several books about skiing, including "Skiing and the Environment" and "The History of Skiing".



Frank Lund