

The Basic Essentials of
ALPINE SKIING

by Carol Foster



Basic Essentials Of Alpine Skiing

Carol Poster



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climbing instruments such as the pickaxe and crampons Use good judgment while performing difficult procedures Develop leadership qualities Forecast weather changes Understand the mountain and its environment Climb snow and ice with greater agility Whitaker's Books in Print ,1998 *Be Fit to Ski* S. Kramer MS,2015-04-16 Every winter world class racers schuss down race courses at speeds upwards of 80 mph going all out for 2 minutes of racing Die hard recreational skiers spend weekends exhausting themselves to catch that last chair lift ride Professional ski instructors devote their free time to honing skills in technique and tactics to meet specific national standards Regardless of the number of days spend on snow all participate in a sport that demands a balanced combination of peak conditioning in targeted fitness areas called performance abilities endurance strength power speed and agility As part of a thesis for the completion of a Masters degree in kinesiology *Be Fit to Ski* incorporates over 30 years of research on alpine skiing and athletic training toward the development of a year round fitness program The idea of periodization a block training approach using microcycles and macrocycles forms the basis of four training phases that begin in the spring and culminate with the end of the ski season Divided into three sections Basics of Training Performance Abilities and The Training Year this book provides all the necessary answers to develop year round fitness training for skiing that will result in quicker skill improvement and guaranteed more vertical per day **The Alpine Journal** ,1909 *A Sport for Every Kid* Nicole Sperekas,2005 A valuable and insightful guide *A Sport for Every Kid* helps parents identify the best sport for children of all abilities Parents seeking to recommend an appropriate recreational pastime often experience frustration when neither parent nor child can find the right sport to match the child s strengths and interests Nicole Sperekas PhD demonstrates ways to discern whether a child enjoys a sport and if not how to introduce other options Parents will find important chapters on issues such as proper nutrition for the young athlete ways to identify positive and negative coaching styles and how to determine if your child should move to a higher level of competition in his or her chosen sport In addition a section of fact sheets presents key information on more than fifty sports *Ski-ing* Arnold Lunn,1913 The Alpine Ski Touring Handbook Jean Vives,2013-05-09 The Alpine Ski Touring Handbook has all the information skiers need to get started skiing the backcountry on alpine touring AT gear It includes chapters on clothing gear ascents descents terrain weather navigation avalanche safety expedition planning and packing and survival techniques The Essential Outdoor Gear Manual Annie Getchell,2000 Annie and David Getchell of PBS s Anyplace Wild series share their intense love of the outdoors in this personal yet highly practical guide The book stresses the benefits of maintaining and repairing rather than replacing expensive gear 275 illustrations *The Essential Cross-country Skier* Paul Petersen,Rick Lovett,Richard A. Lovett,John Morton,2000 This comprehensive introduction to cross country skiing is designed to get the reader out of the chair and onto the slopes in the first three chapters Once on the trail the authors take up the finer points of technique and training demonstrating how it should be done with numerous photo sequences of techniques and top notch detailed illustrations

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