

Interski Write Up Australia On Snow Alpine + Tele

Australia's workshop was based on performance skiing, high level aspects they looked for when assessing and training their instructors for courses. Basically their piste performance criteria and what they use to get people to that level.

Tracks

One element that was interesting is their use of track width to determine what shape turn is appropriate for the level of examination they are assessing. 0-5cm is carving up to 30cm is a grippy skidded turn and then over this is a skidded turn without control. Its something we do talk about but this is now part of their version of the PIA's.

Short Turns

After discussing the tracks we moved onto short turns and their ideas of thigh rotation and pressure control. The focus was introducing a drill to start people using thigh rotation in a short turn, they did this by doing short turns in a plough. It worked well but had a tendency to push people back and over their heels in order to accomplish the task. Having tried it some more indoors it does work nicely when training people lacking thigh rotation. To add pressure control the same drill was used with a lift of the outside ski and then timing of placing back down. This progressed into Javelin turns. Again all worked well just meant a bit of skiing on our heels.

Long Turns

Moving to longs the focus was angulation, softening of inside leg and bringing hips inside the turn. One big point was the idea of that we stay vertical in the upper body and don't incline. Drill one to achieve this was dragging both poles to the side then again without poles touching the floor with the inside hand whilst staying level. Once had done this it was onto talking about the transition and rolling little toe to big toe through the transition. Really good drill lifting old outside ski to focus on this part of the turn, used a lot in racing and something not many instructors really get when training ET for the first time.

Tom then wrapped up to say these were the key elements of their piste performance. Interestingly you can see it very clearly in their skiing, almost all of the team have a style - very active, high performance from the ski with feet close together, no up movement in the transition but slightly on the heels.

Telemark

Australia's telemark workshop was based around being level with the ski tips at the fall line and moving in and out of the tele stance either side of the transition.

This was for their version of the basic tele, not necessarily every tele turn they do. We spent some time then playing with this, a few other nations didn't really agree with this idea and it was generally agreed that it was nice idea and something to be used as a drill rather than criteria. Felt for the guy delivering as he had said (kind of) in his introduction. Unfortunately after some short turns with the same focus I had to leave in order to get to the GS race so I missed the rest.

I caught up with the American in the group and he said they followed the same idea through longs and then finished.

Off Snow Small Lectures

Australia

Australia's off snow lecture was based on connection to the snow and making people/clients feel they belong in the mountains. Their instructors are key in this process, seeing that some clients travel vast distances in their own country to get to snow this sense of belonging is promoted not only to clients but also the instructors. A short video was played that showed different Interski members and how far they lived from the snow.

To link their instructors to the snow they have created an app that works with the manual to show instructors drills, exercises and progressions. The App is downloadable on the app store with a access:

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2015 - It still works so you can download the app onto an iPhone or I can screenshot it.

The app itself was clear and gave solid video and pictorial ideas, something a new instructor would find invaluable when in their first season or when dealing with new conditions.

Definitely something if done in conjunction with the manual that the membership would find useful.