



Chile on snow workshop 7/9/2015

Attended by Becci Malthouse

Presented by Jose 'Pepo' Hanff

The on snow workshop from Chile suggests that ski instructors often analyse performance from different and frequently changing points of reference which leads to errors in evaluation and solution finding.

Fundamentally, skiing is about travelling with skis, on snow from point A to point B. Unlike most sports, in skiing, you do not need to generate force, speed or power, Gravity and the sliding surface do this for you. Possibly, sailing is the most similar sport by the fact that you use a boat and its sails to harness wind power to create motion. The sailor does not, himself power the boat.

From this perspective, we are asked to understand that turns are not made, for example, by moving the legs from side to side, although the legs do indeed need to move from side to side to allow turns to be made.

Pepo asks us to consider that the most useful vantage point to view a skier would be from above is possible but a side view is also useful.

The key point is to analyse ski performance in terms of the ski in relation to the snow rather than the skier's body in relation to the skis. The goal is to move the body in a way that allows the skier to use the forces that are created.

So when you look at snowplough turns, you need to understand that the ski pivots around the tip and not around the foot. (This statement really confused me until I realised that in the Chilean system, snowplough turns are taught by pushing out the tail of the ski unlike the BASI. When you consider movements in relation to the equipment to the snow you can understand that in high level skiing, releasing and changing the edge is the priority to start a new turn rather than any upward movement or weight transfer. Essentially, you need to 'let go' or 'stop fighting' the force that has been built through the turn and the edge release is the way to achieve this.

Use the adductor muscles on the outside (most force bearing) leg to help achieve this release. I found this a difficult concept to grasp and replicate. It is easy to engage these muscles and create an edging effect which is not the intended outcome. However, it should be a movement or feeling that somehow allows the body to start the 'topple' into the next turn.

Food for thought, certainly. I have included a video clip which gives you a flavour of the workshop from Pepo.

You can read more from Pepo on www.pepo.cl