

SKI



TUITION

ALTITUDE

WWW.ALTITUDE-VERBIER.COM



➔ JON (AKA WESTY) AT ALTITUDE

Jon is one of the few instructors in the world to hold the top qualifications from France, Switzerland and Britain. He can teach on- and off-piste skiing throughout the Alps, and as Ski School Director, Jon helps manage the ski and snowboard school, the instructor training gap programs, the Verbier freeride camps, and also the winter and summer kids camps. altitude-verbier.com; +41 277 716 006.

Many gap students arrive on skiing courses skiing quite well, but often having difficulty making the necessary turns. This often results in them having to walk back up the off-piste run to retrieve their skis! Here I explain how the crash sequence is often down to common faults prevalent in skiers who have experience but lack professional instruction. If any of the following skiing problems appear familiar, take a look at Jon's fault-diagnosis.



PROBLEM 1

Do you struggle when doing high-speed carving on pistes?

POSSIBLE FAULT: Skiing with legs locked together all the time.

ON THE PLUS SIDE: Good in the bumps (see photo A) and when trying to impersonate a mono skier.

TIP: Ski like Jon Wayne and exaggerate the stance width. Once this has been mastered, on each run gradually bring the stance closer together until you've built up a new awareness of what your legs are doing. Next, explore different terrain and experiment with the width of your stance. The goal is to build a new awareness of your stance width to suit the terrain you are skiing.



PROBLEM 2

Are you balanced on the uphill ski at the end of the turn losing control of speed when it gets steep?

POSSIBLE FAULT: Banking your body inside too much.

ON THE PLUS SIDE: Good edge angles can be achieved by very skilful skiers.

TIP: Try skiing from the fall line (facing downhill) to the completion of the turn while only standing on the downhill ski. This might be quite tricky but through play and perseverance it should become easier. As you improve, try to make skidded turns on one ski. The goal is to be able to have more balance over the downhill ski.



PROBLEM 3

Do you find yourself caught in the back seat when skiing away from the groomers?

POSSIBLE FAULT: You're too stiff and upright.

ON THE PLUS SIDE: This may be less tiresome on very gentle slopes.

TIP: Try jumping as high as possible with your skis on (see photo C). Next, try doing the same but make as little noise as possible when landing. Try doing this while skiing and then find some small jumps to really test yourself. The goal is to learn to increase awareness of flexing in the ankles, knees and hips. Extra tip: try to flex evenly at the joints rather than just at one joint.



PROBLEM 4

Do you have poor rhythm in the bumps or when doing short turns?

POSSIBLE FAULT: Random pole plant.

TIP: Ask a friend (better than a partner) to check where, and how often, in the turn you are making the pole plant. Based on the feedback, make the necessary adjustments to achieve a consistent regular pole plant.

Altitude Ski and Snowboard School runs its own in-house BASI gap course in Verbier, Switzerland. If you would like further information about becoming a ski instructor then please contact Laura at info@altitude-futures.com or visit the website at altitude-futures.com.



ALTITUDE KIDS SKI TIPS

Having happy and safe children on a ski holiday is a priority for all parents, so here are some key points to consider when choosing a school for their ski lessons.

Top-6 things to check for when booking lessons for your children:

Is the ski teacher qualified?

Most schools employ instructors who have experience of teaching children and understand how they develop. Most also use games and exercises suitable for the different ages and abilities of their groups. Some schools, however, employ unqualified instructors, so be aware and always ask the question, "Who will be teaching my child?"

Do they speak your language?

Not only do children like to be able to talk with the other kids in the group; for safety reasons it's also important that the instructor can communicate well with your child.

Does the instructor have experience of teaching kids?

Techniques for teaching children can differ from those used for adults. Watch part of the lesson and see if the instructors interact well with the children.

Do they have a dedicated area for beginners?

A separate area for children helps them to get the most out of the lesson, and it's safer. It also shows that the school is serious about teaching children in a safe and fun way.

Check the number of children in a group to ensure the ratio of kids to instructors/helpers is good – 8:1 is okay for older kids but it should be lower for younger ones.

Does the school run any other children's activities such as race camps or summer camps?

If they do it shows they have lots of experience of working with children and therefore there is a much greater chance that they will understand your child's needs.

For information about children's lessons or summer camps, please contact info@altitude-verbier.com or call +41 (0)277 716 006.



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SKIS AND BOOTS

camrock T2

This unique profile is the evolution of early rise technology. The transfer zones (TZ) combine early rise rocker technology with an inverted sidecut that restores its widest point 5 times longer than a traditional skis. The result is a profile and sidecut that work together to give you the benefits of rocker without losing the dynamic energy of a traditionally cambered ski. The TZ in the top allows for a much more precise and efficient edge transfer into the turn significantly increasing the skier's balance, while the slight rise in the tail raises the ski exceptionally early to overgrip at the end of the turn.

TRANSFIRE BOOT

Transfire incorporates Nordica's new lateral shell design to support skiers in the most critical portion of the turn, the transition. The precision of the lateral shell design is combined with a Stability Control Hinge positioning to ensure that the skier has an easy handling flex pattern. Additionally, the Adjustable Cuff Profile (ACP) guarantees a neutral standing position for every leg geometry, making king of day power and more control.

New lateral shell
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Stability Control Hinge - More forgiving and controllable performance tuning