

# SKI TUITION



## FORE/AFT BALANCE

Fore/aft balance is all about how you distribute your weight front to back along the base of your feet. Ideally you want an even distribution – not too much weight on your toes or on your heels. With this position you will be most in control of your skis and also prepared for variations in the snow or hill. A simple exercise you can do is to try hopping both skis off the ground when traversing across the hill. If you are balanced correctly the entire ski will lift evenly off the ground. If not, keep practising it!



## LATERAL BALANCE

With modern skis, the outside ski (that is the one furthest from the centre of the turn) is the ski that is doing all the work. Thus, it is important you keep your weight on this ski, otherwise it won't grip and you won't get performance. To achieve this you have to put a small bend in your body just above your hips – best illustrated by the picture! To practice your lateral balance, try lifting your inside ski during a turn – small lifts at first, then larger and larger until you can ski a whole turn on the outside ski.



## KEY TO RECOVERY

Much of balance in sports comes from your core (the muscles around your spine, lower back and abs). By tightening your core you give yourself a strong and stable platform to work with. Having a strong core also makes it easier to pull your body back into position when you get thrown or bumped out of place. Aside from working on your core before you go skiing, you can use this when you get on the hill. Before you start, squeeze your abs tight and hold them then set off, this will help to keep your body strong and in position.



## MOGULS

The ultimate test of balance is moguls. Interestingly, it is the area of skiing where many of the rules have to be ignored. Rather than staying centred on your fore/aft plane of balance, you should constantly adjust your weight forwards and backwards, push and pulling your feet about beneath you. If you want to generally improve your balance and recovery then get into the bumps and keep practising, just staying upright is fantastic training. Have fun!



# ALTITUDE KIDS SKI TIPS

## Learning Through Fun

We all learn more when we're having fun and enjoying the process of learning. Of course, what is fun for an adult will be utterly different for a child.

For many adults learning a new skill or improving at a sport is fun in its own right. However for children, with lower attention spans and a need for more stimulating activities, skiing alone may not be enough to keep them entertained. So what can we do to make skiing fun for children, and help them learn and improve while enjoying themselves?

First, before we can even begin, your child must be safe and feel safe. If someone

is scared or too far out their comfort zone, they will focus only on getting down the slope, without learning or enjoying the experience.

Make sure when you're skiing with your child that it is on terrain which is suitable for their level, ensure your child is warm and dry, take regular hot choc or food breaks and perhaps even avoid bad weather days altogether.

Next, think goofy! When instructing we constantly think of ways to make any exercise more engaging for the children. Just adding a theme and linking movements to that theme can turn a standard drill into a little adventure. A great example is getting the children to suggest different animals, then together think

of actions on skis that could represent these animals (short turns for snakes, jumps for kangaroos, etc.). The fun part is to descend the run while shouting out animals and making noises. Without even knowing it the children are now learning and practising a whole bunch of skills such as agility, adaptability, balance, etc. Try it out – you'll be amazed at how much you enjoy it too!

Lastly, if you are putting your child into ski school, it is a good idea to look for one that provides fun as a means to learning. Ask friends, search the internet, and speak to staff in resort to find a ski school that will provide a fun experience that will get the most out of their time. Good luck and have fun!

**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

**B**alance is probably the most important skill in skiing. If you had no balance you wouldn't get far! However, good balance doesn't just allow you to remain upright; it sets you up to get the most from other skiing skills, such as edge or pressure control, and also puts you in a position to best recover when things don't go as planned. With great balance you can begin to push yourself in new directions, secure in the knowledge that you can recover or fall safely.

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