

GUEST PRO

By FERDL ASTER - SKI HAUS

**GET IN SHAPE IF YOU WANT MORE ZIP
THAN SITZ IN YOUR SKIING.**





*FIRST, FOR YOUR OWN SAFETY
AND ENJOYMENT ON SNOW, DO
A FEW PUSHUPS AND SITUPS.
JUMP ROPE! RUN IN PLACE!
CLIMB STAIRS! EVEN 10 MINUTES
A DAY WILL HELP TREMENDOUSLY,
(AND IT MAY KEEP THE PATROL AWAY)*

*IF YOU ARE PLANNING A SIEGE
IN THE MOUNTAINS, IT WILL
BE HARD TO SKI MORE THAN A
COUPLE HOURS IF YOU ARE NOT IN
CONDITION. AFTERALL, WHEN
YOU GET TIRED, IT IS TOUGH TO
KEEP THE SKIS UNDER CONTROL
AND TOGETHER.*

LET'S GET WITH IT... ONE-TWO, ONE-TWO ---



Attention skiers . . .

The "Guest Pro," a new feature in the pd action tab, will help you learn how to ski better this winter as it appears each Friday on our ski pages.

The first "Guest Pro" is Austrian Ferdl Aster, whose class today gives you the word on conditioning. Next Friday, Bert Fischer of Alpine Valley will take you onto the snow for a lesson in walking on skis and sidestepping.

There will be a "Guest Pro" each week to pass along to you the basics of the American ski technique. All of the "Guest Pros" are certified instructors from this area, who know the needs and desires of Greater Cleveland's skiing public.

Watch for the "Guest Pro" every Friday in

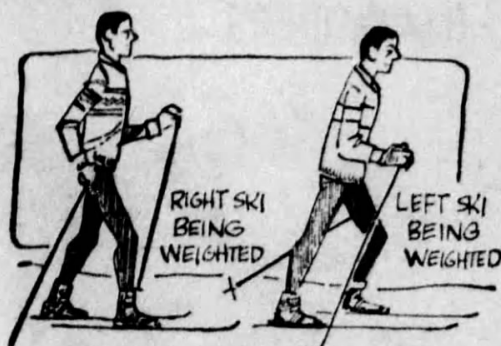
pd action tab



BY BERT FISCHER
SKI SCHOOL SUPERVISOR
ALPINE VALLEY

PUT ON YOUR SKIS AND LET'S TAKE
A WALK. THE FIRST TIME, IT WILL BE A STRANGE
FEELING, TRYING TO MOVE THE LONG BOARDS.

SWING YOUR ARMS NATURALLY AND LET THE
POLES SINK INTO THE SNOW. THE POLES WILL GIVE YOU
SUPPORT AND HELP WITH THE FORWARD PUSH AS YOU
STROLL ALONG.



MOVE YOUR FEET IN
SMALL RHYTHMICAL
STEPS, SHIFTING YOUR
WEIGHT FROM ONE SKI
TO THE OTHER WHILE
YOU "WALK."

AS YOU SIDESTEP UP THE HILL
IMAGINE YOU ARE WALKING UP
A STAIRCASE SIDEWAYS. THE SKIS
SHOULD BE 90 DEGREES TO THE FALL
LINE. THIS IS THE MOST NATURAL
LINE OF THE SLOPE.

PUSH UP HILL EDGES INTO THE
SLOPE, TAKE SMALL STEPS FOR
EASY TRANSFER OF WEIGHT AND
USE POLES FOR ADDITIONAL SUPPORT.
AND, AWAY WE GO....



NEXT WEEKS GUEST PRO
WILL BE ARNO ERATH OF
CLEAR FORK ON STRAIGHT
RUNNING.



QUEST PRO

BY LARS SKYLLING
SKI SCHOOL DIRECTOR
SEVEN SPRINGS, PA.

SIDESLIP IS THE MANEUVER THAT BREAKS THE SKIER INTO THE ADVANCE STAGES WITH THE SKIDDING TURN. IT IS ONE OF THE MOST IMPORTANT PHASES AND EVEN THOUGH IT IS SIMPLE, IT ALL TOO OFTEN IS NEGLECTED.

THERE ARE TWO BASIC EXERCISES IN THE AMERICAN TECHNIQUE -- THE FORWARD SIDESLIP AND THE VERTICAL SIDESLIP. ALSO INCLUDED IS THE HEEL PUSH OR WHAT IS KNOWN AS TAIL DISPLACEMENT.

WITH SIDESLIP, YOU LEARN TO CONTROL THE RELEASE AND SETTING OF THE EDGES.

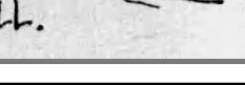
THE EDGES ARE RELEASED WITH AN UP MOTION FROM A TRAVERSE POSITION, FLATTENING THE SKI. THE EDGES ARE SET AGAIN WITH A DOWN MOTION.

THE VERTICAL SIDESLIP, (AS ILLUSTRATED) IS WHEN YOU MOVE DOWN THE FALL LINE. THE FORWARD SIDESLIP IS WHEN YOU MOVE FORWARD AND DOWN THE FALL LINE. THIS IS DONE WITH A SLIGHT UP MOTION, FLATTENING THE SKIS AND TRANSFERRING THE WEIGHT TO THE FRONT OF THE SKIS.

IF YOU HOPE TO BE A SMOOTH, ADVANCED SKIER, BE CERTAIN TO LEARN THIS PHASE WELL.







NEXT WEEK:
STEM CHRISTIE



GUEST PRO

By ARNO ERATH
SKI SCHOOL DIRECTOR
CLEAR FORK

WHEN YOU START TO PARALLEL, YOU MOVE INTO THE CLASSIC STYLES OF SKIING. FROM A GOOD TRAVERSE, THE TURN IS INITIATED WITH AN UP AND FORWARD MOTION.

THE WEIGHT IS TRANSFERRED TO THE SKI THAT IS THE OUTSIDE SKI OF THE TURN. USE COUNTER ROTATION WITH HIPS AND BODY. THE LEAD SKI IS

CHANGED, WITH THE INSIDE ONE ADVANCING, AND THERE IS A CHANGE OF EDGES.

WITH A FORWARD-DOWN MOTION OF THE KNEES, AND PUSHING THEM IN THE DIRECTION OF THE TURN, THE TURN IS COMPLETED, BRINGING YOU BACK INTO A NEW TRAVERSE.

THE PARALLEL CAN BE DONE WITH OR WITHOUT THE POLE PLANT. IT DEPENDS ON THE TERRAIN. IF IT IS STEEP, YOU SHOULD USE THE POLES. YOU SHOULD PLANT THE POLE ON THE INSIDE OF THE TURN MIDWAY BETWEEN THE SKI BINDING AND THE SKI TIP. THE STEEPER THE SLOPE, THE MORE FORWARD YOU PLANT THE POLE.

NEXT WEEK:
SHORT SWING,
By WERNER SEIDEL,
CLEAR FORK



THE EASIEST WAY TO DESCRIBE **SHORT SWING** IS TO SAY IT IS CONSECUTIVE PARALLEL CHRISTIES (TURNS) WITHOUT TRAVERSE AND CONTROL IS MAINTAINED BY ANGLULATION AND EDGE SETTING.

THE STEEPER THE TERRAIN, YOU USE MORE HEEL CHECK. YOU HAVE A REAL SHARP EDGE SET WITH A DOWN MOTION. IT SHOULD BE AN AGGRESSIVE EDGE SET INTO THE SNOW SO THAT YOU DON'T PICK UP SPEED.

THE TURNS ARE LINKED TOGETHER WITH OR WITHOUT USING POLE PLANTS. YOU MUST KEEP YOUR UPPER BODY SQUARE TO THE FALL LINE. THIS ALLOWS YOU TO MAKE QUICKER TURNS, WITH THE ACTION BEING FROM THE HIPS DOWN.

WHILE SHORT SWINGING DOWN THE FALL LINE, YOU SWING OUT TO BOTH SIDES EQUALLY. BE CERTAIN YOU PRESS FORWARD TO KEEP YOUR WEIGHT OVER YOUR SKIS. NEVER SIT BACK.



NEXT WEEK: POWDER TIPS by Chris ROUNDS,

HOLIDAY VALLEY



WAXING YOUR SKIS CAN MAKE YOUR DAYS ON THE SOFT, WET SNOW MORE ENJOYABLE.

THE BEST PROCEDURE IS TO IRON OR BRUSH ON HOT, MELTED WAX. IT WILL LAST LONGER AND GIVE YOU A BETTER RUNNING SURFACE.



FOR POWDER, YOU WANT A THIN, SMOOTH LAYER OF WAX. FOR THE MUSHY STUFF YOU ARE LIKELY TO FIND NOW, A HEAVY, COARSE COATING IS BEST. YOU CAN HAVE

THE WAX IRONED ON AT MOST SKI SPECIALTY SHOPS OR SKI AREA REPAIR SHOPS.

WHEN YOU EXPECT TO ENCOUNTER WET, MUSHY SNOW, PUT THE WAX ON IN LAYERS, MAKING THE STEPS, OR OVERLAPS THREE-OR-FOUR-INCHES APART.

IF YOU DO IT YOURSELF, BE CAREFUL NOT TO BOIL THE WAX OR GET IT TOO HOT. IF SO, YOU WILL LOSE THE RUNNING QUALITY OF THE WAX. IT IS EASIER TO USE CAKE WAX, WHICH YOU CAN PURCHASE IN ANY SKI SHOP. FOLLOW THE DIRECTIONS ON THE BOX. FOR EXAMPLE, TOKO WAX COMES IN THREE BASIC COLORS-RED-FOR POWDER OR FRESH DRY SNOW; SILVER FOR GRANULATED, SPRING AND VERY WET SNOW; YELLOW FOR STICKY, NEW FALLEN SNOW.

IF YOU USE A CAKE WAX, APPLY IT UNEVENLY BY MAKING CIRCLES AND CURLS OR CROSSES UP AND DOWN THE BASE.

THERE ALSO IS A SPRAY WAX ON THE MARKET WHICH IS EASY TO USE. PARAFIN CAN HELP, BUT THIS SHOULD BE IRONED ON THE BASE.

A GOOD HOT WAX JOB NORMALLY SHOULD LAST THROUGH A WEEKEND OF SKIING, UNLESS, OF COURSE, YOU ENCOUNTER ICY CONDITIONS EARLY IN THE MORNING. THIS WILL SCRAPE IT OFF!



GUEST PRO

BY HANS AUER
SKI SCHOOL DIRECTOR
WING HOLLOW, N.Y.

THERE HAS BEEN A TREND IN SOME AREAS OF SKI TEACHING TO ELIMINATE THE **SNOWFLOW**. THIS WOULD BE A MISTAKE, BECAUSE IN THE SNOWFLOW TURN, YOU LEARN THE BASIC POSITION THAT YOU WILL USE THROUGHOUT SKIING, EVEN TO WEDEL AND RACING.



IT ISN'T IMPORTANT TO PERFECT THE SNOWFLOW, BUT IT WOULD BE WISE TO WORK ON A FEW EXERCISES, WHICH WILL HELP YOU OBTAIN THE FEEL OF THE PROPER POSITION.

FOR EXAMPLE, MANY BEGINNERS TRY TO BEND AT THE WAIST, INSTEAD OF AT THE HIP FOR ANGULATION. FOR AN EXERCISE, TRY TOUCHING THE BACK OF THE BOOT WITH YOUR HAND. YOU CAN DO THIS WHILE SKIING OR STANDING STILL.



NO MATTER HOW WELL YOU SKI, THERE WILL BE TIMES WHEN IT IS IMPORTANT TO USE A GOOD SOLID SNOWFLOW.

Next Week:
ANGULATION by ED (ZIGGY) BAIER.



ANGULATION IS A MOST IMPORTANT PART OF THE SKI TEACHING SEQUENCE. WITHOUT IT, YOU WILL NOT HAVE PROPER POSITION OVER YOUR SKIS.

IT IS OFTEN CALLED THE COMMA POSITION. WHILE IN A TRAVERSE—SKIS PARALLEL ACROSS THE SLOPE, YOU PRESS YOUR ANKLES, KNEES AND HIP INTO THE HILL AND BRING YOUR UPPER BODY OVER THE DOWNHILL SKI. THIS PLACES THE WEIGHT ON THE INSIDE EDGE OF THE DOWNHILL SKI.



THE DEGREE OF ANGULATION IS REGULATED BY THE STEEPNESS OF THE SLOPE. A GOOD POSITION IS ONE IN WHICH THE EDGE OF THE SKI IS 90 DEGREES TO THE SURFACE OF THE SNOW. THIS DETERMINES THE AMOUNT OF "BITE" THE EDGES WILL HAVE WITH THE SURFACE.

FOR GOOD ANGULATION, YOU SHOULD FEEL IN A NATURAL POSITION. IF YOU ANGULATE TOO MUCH, YOU WILL FEEL A STRAIN. AFTER WORKING ON IT FOR A SHORT WHILE, YOU WILL BE ABLE TO DETERMINE HOW MUCH ANGULATION YOU NEED TO OBTAIN PROPER BALANCE.
NEXT WEEK: HAPPY HOLIDAYS FROM FRIEDA GERDIN!

18—The Plain Dealer, Friday, December 18, 1970



GUEST PRO

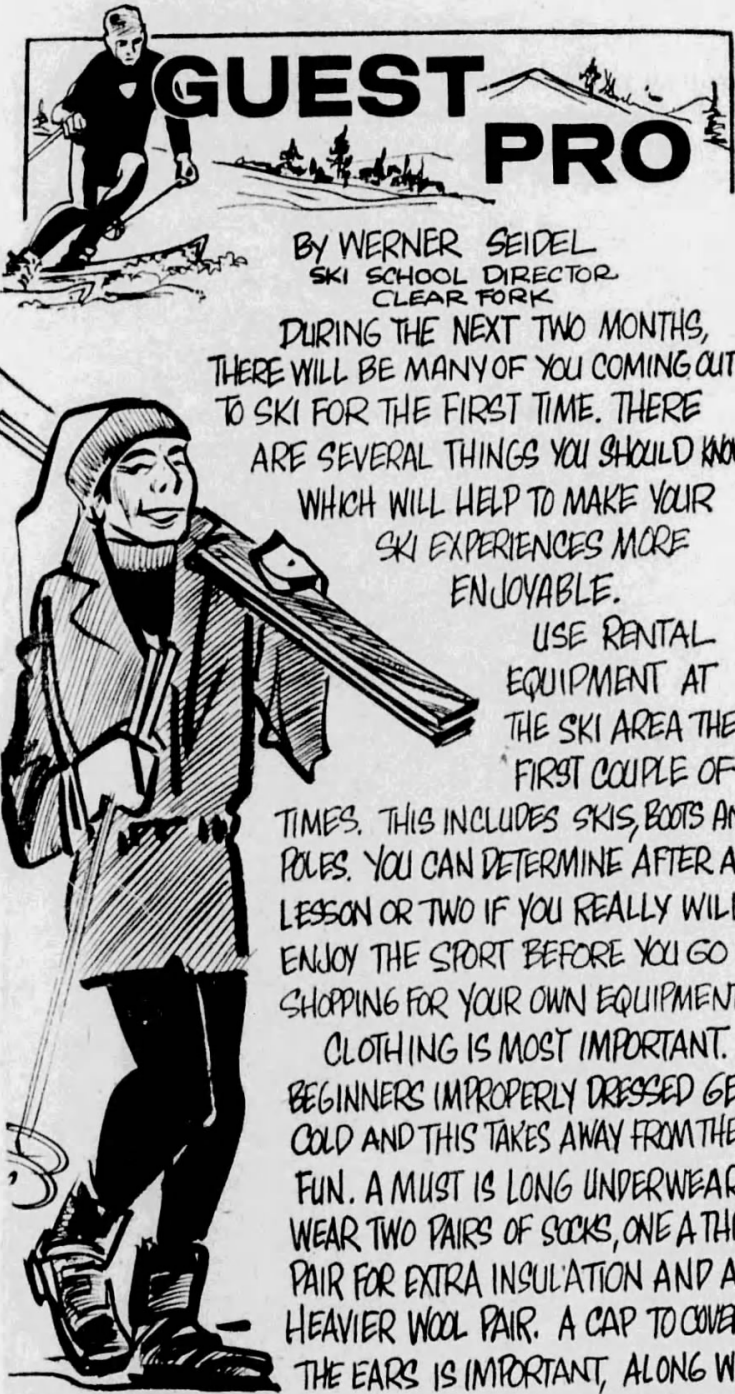
By FRIEDA GERDIN
SKI SCHOOL DIRECTOR —
MONT CHALET

IF YOU FIND A PAIR OF SKIS UNDER THE CHRISTMAS TREE TODAY, YOUR FIRST THOUGHT WILL BE TO TRY THEM OUT RIGHT AWAY. BEFORE YOU DO, HAVE THE BINDINGS CHECKED. SKI AREAS HAVE THE FACILITIES TO DO THIS FOR YOU.

MAKE CERTAIN YOU HAVE SAFETY STRAPS. SHOULD YOU FALL AND A SKI COMES OFF, THE STRAP WILL PREVENT IT FROM RUNNING LOOSE DOWN THE HILL AND POSSIBLY INJURING SOMEONE.

DO YOU NEED A SKI LESSON OR CAN YOU FIGURE IT OUT BY YOURSELF? IF YOU ARE A BEGINNER, LESSONS ARE A MUST. IF YOU ALREADY KNOW A LITTLE ABOUT SKIING, LESSONS STILL ARE IMPORTANT BECAUSE YOU WILL FIND THE NEW SKIS REACTING DIFFERENTLY FROM THE OLD ONES. LESSONS WILL HELP YOU ENJOY THE HOLIDAYS AND YOUR NEW EQUIPMENT MORE. WHATEVER YOU DO, DON'T TRY TO FIGURE IT OUT BY YOURSELF.

Next Week: PROPER DRESS by Werner Seidel —



GUEST PRO

BY WERNER SEIDEL
SKI SCHOOL DIRECTOR
CLEAR FORK

DURING THE NEXT TWO MONTHS, THERE WILL BE MANY OF YOU COMING OUT TO SKI FOR THE FIRST TIME. THERE ARE SEVERAL THINGS YOU SHOULD KNOW WHICH WILL HELP TO MAKE YOUR SKI EXPERIENCES MORE ENJOYABLE.

USE RENTAL EQUIPMENT AT THE SKI AREA THE FIRST COUPLE OF TIMES. THIS INCLUDES SKIS, BOOTS AND POLES. YOU CAN DETERMINE AFTER A LESSON OR TWO IF YOU REALLY WILL ENJOY THE SPORT BEFORE YOU GO SHOPPING FOR YOUR OWN EQUIPMENT.

CLOTHING IS MOST IMPORTANT. BEGINNERS IMPROPERLY DRESSED GET COLD AND THIS TAKES AWAY FROM THE FUN. A MUST IS LONG UNDERWEAR. WEAR TWO PAIRS OF SOCKS, ONE A THIN PAIR FOR EXTRA INSULATION AND A HEAVIER WOOL PAIR. A CAP TO COVER THE EARS IS IMPORTANT, ALONG WITH WARM LEATHER GLOVES OR MITTENS. THIN GLOVES OR WOOL TYPE GLOVES ARE NOT GOOD AT ALL.

A TURTLENECK SHIRT IS GOOD TO HELP KEEP YOUR THROAT WARM. YOU SHOULD WEAR A SWEATER OVER THAT AND THEN A WARM WIND-BREAKING JACKET.

REMEMBER, YOU'LL BE OUT IN THE COLD FOR AT LEAST AN HOUR.

NEXT WEEK: SKATING BY STEVE DORNER



GUEST PRO



By WALTER NEURON
SKI SCHOOL DIRECTOR
SNOW TRAILS






THE PURPOSE OF THE STEM TURN IS TO LINK THE SNOW PLOW TURNS WITH A PARALLEL TRAVERSE. IT STARTED WITH AN UPHILL STEM AS YOU PUSH OUT THE TAIL OF THE UPHILL SKI, WHILE MAINTAINING A TRAVERSE POSITION WITH THE LOWER SKI. SLOWLY SHIFT YOUR WEIGHT ONTO THE OUTSIDE SKI (OR THE ORIGINAL UPHILL SKI). AS YOU MOVE INTO THE FALL LINE, THE SKIS SHOULD BE EQUALLY WEIGHTED. GRADUALLY, THE WEIGHT WILL SHIFT MORE TO THE OUTSIDE SKI. WHEN THE DOWNHILL OR LOWER SKI HAS REACHED THE RIGHT STEEPNESS (DIRECTION ACROSS THE FALL LINE) FOR THE NEW TRAVERSE, THE TURN IS FINISHED. WITH A SLIGHT UP MOTION, THE INSIDE (OR UPHILL) SKI IS BROUGHT ALONGSIDE THE OUTSIDE SKI FOR THE NEW TRAVERSE.

IN THE TRAVERSE, REMEMBER, THE TIP OF THE UPHILL SKI IS AHEAD OF THE LOWER SKI BY A FEW INCHES. YOUR SHOULDERS SHOULD BE IN A OBLIQUE POSITION TO THE LOWER LINE OF TRAVERSE, FACING DOWN THE SLOPE.

NEXT WEEK:
SIDESLIP
By ZIGGI BAIER,
BOSTON MILLS



GUEST PRO

BY ZIGGI BAIER
SKI SCHOOL DIRECTOR
BOSTON MILLS



SIDESLIP GETS YOU READY FOR HIGH SPEED TURNS AS IT TEACHES YOU TO RELEASE AND SET EDGES OF THE SKIS. YOU MUST LEARN EDGE CONTROL FOR SMOOTH CARVED TURNS OR HIGH-SPEED ONES OF SHORT SWING. START IN A TRAVERSE POSITION WITH A PRE-PARATORY DOWN MOTION. YOU THEN RISE UP TO RELEASE THE EDGES

AND DECREASE ANGULATION OVER SKIS.
BRING YOUR KNEES SLIGHTLY OUT AND AWAY FROM THE HILL. THIS FLATTENS THE SKIS TO PERMIT THEM TO SLIDE. BE CAREFUL NOT TO FLATTEN THEM COMPLETELY.
TO RETURN TO THE NORMAL TRAVERSE, SINK DOWN AGAIN AND INCREASE ANGULATION BY PRESSING THE KNEES INTO THE HILL.
THERE ARE TWO TYPES OF SIDESLIP-- FORWARD, AS YOU TRAVERSE AND RELEASE THE EDGES SLIGHTLY, AND VERTICAL. THE LATTER IS GOOD FOR AN EXERCISE. WHILE STANDING STILL WITH SKIS ACROSS THE FALL LINE, TURN UPPER BODY TO FACE DOWNHILL. MOVE KNEES IN AND OUT. AS YOU MOVE THEM OUT FROM THE HILL, YOU WILL SIDESLIP DOWN THE FALL LINE. THEN RESET THE EDGES BY MOVING KNEES BACK INTO THE HILL. REPEAT THIS SEVERAL TIMES.

NEXT WEEK--TRAVEL TIPS BY TOM PLACE



GUEST PRO

By BILL SHEPLER
HUB'S NOB,
MICHIGAN

ALMOST EVERY BEGINNING SKIER'S GOAL IS TO PARALLEL AS QUICKLY AS POSSIBLE.

FROM A GOOD TRAVERSE A PREPARATORY DOWN MOTION IS USED, FOLLOWED BY AN UP FORWARD MOTION, CREATING LESS RESISTANCE TO THE SKIS. COUNTER ROTATION THEN IS USED (LOWER BODY TURNING AGAINST RELATIVELY STABLE UPPER BODY) TO ASSIST THE INITIATION PHASE OF TURN.

THE WEIGHT THEN IS TRANSFERRED TO THE OUTSIDE TURNING SKI AS EDGES ARE CHANGED AND INSIDE SKI IS ADVANCED SLIGHTLY. THE TURN IS CONTINUED WITH SINKING MOTION AS KNEES ARE PRESSED FORWARD INTO THE DIRECTION OF TURN AND UPPER BODY IS ANGLED SLIGHTLY OVER TURNING SKI (ANGULATION). THE ARC OF THE TURN IS COMPLETED AS THE SKIER RISES TO A NEW TRAVERSE.



USE OF POLES IS OPTIONAL, BUT ON STEEP TERRAIN, THE POLE PLANT IS ALMOST A NECESSITY. THE POLE IS PLANTED MIDWAY BETWEEN THE BOOT AND SKI TIP WITH WRIST AND LOWER ARM AS THE SKIER SINKS IN THE PREPARATORY DOWN MOTION BEFORE TURN.

NEXT WEEK: EDGE SET BY JOHN MAYER & JOHN NORTHRUP, HOLIDAY VALLEY



GUEST PRO

By JOHN MEYER & JOHN NORTHRUP
CO-DIRECTORS
HOLLIDAY VALLEY, N.Y.

PARALLEL TURNS WITH CHECK ARE MOST BENEFICIAL TO THE SKIER ON STEEP, MOGULED HILLS WHERE CONTROL IS ESSENTIAL. THE BEST EXERCISE TO ACCOMPLISH THIS IS THE CHECK-HOP GARLAND.



WHILE TRAVERSING ACROSS THE HILL, THE TAILS OF THE SKIS ARE DISPLACED DOWNHILL BY RELEASING THE EDGES, USING AN UP FORWARD UNWEIGHTING MOTION. AFTER TAILS HAVE SLID TWO OR THREE FEET DOWN HILL, YOU INCREASE ANGULATION BY PUSHING YOUR KNEES INTO HILL. AT THAT TIME, YOU SINK IN WITH THE KNEES AND PLANT THE POLE.

FROM THIS PLATFORM, HOP TO A NEW TRAVERSE. THE MAJORITY OF YOUR WEIGHT SHOULD BE ON THE DOWNHILL SKI. PRACTICE THIS IN BOTH DIRECTIONS ON A MODERATELY STEEP SLOPE.

NOW, YOU ARE READY FOR **CHECK PARALLEL**. FROM A TRAVERSE, SLIDE TAILS OF SKIS DOWN THE HILL. WITH DOWN MOTION, SET THE EDGE AND PLANT POLE. WITH UP UNWEIGHTING, COUNTER ROTATE, TRANSFER YOUR WEIGHT AND PUSH KNEES FORWARD. WITH A SINKING MOTION AND ANGULATING OUT OVER THE DOWNHILL SKI, COMPLETE TURN AND COME UP TO A NEW TRAVERSE.

NEXT WEEK: FERDL ASTER ON G.L.M.



GUEST PRO

By BOB MEYER
SKI SCHOOL DIRECTOR,
CABERTAE, MICHIGAN

THE **START** IN **SKI RACES** IS MOST IMPORTANT IN THIS PART OF THE COUNTRY BECAUSE, COURSES USUALLY ARE SHORT AND THE TRACK GENERALLY FLAT. MOST RACERS GAIN

BEST RESULTS BY USING THEIR POLES FOR ACCELERATION. PUSHING WITH THEIR ARMS AND HANDS. THIS LEAVES THE FEET FREE TO ESTABLISH THE SKIS ON THE DESIRED LINE. HOWEVER, IF THE COURSE PERMITS, ADDITIONAL ACCELERATION MAY BE ATTAINED BY SKATING OR STEPPING.

WHEN POSITIONING YOURSELF IN THE STARTING GATE, BE SURE THAT YOUR POLES ARE PLACED ON FIRM SNOW SO AS TO PROVIDE A SOUND FOUNDATION FROM WHICH TO PUSH.

POSITION YOURSELF AS FAR OUT FROM THE HINGE ON THE GATE AS ALLOWED AND ON THE LINE OF THE COURSE.

FOR BEST RESULTS, PULL THE BODY UP AND OUT IN THE DIRECTION OF THE FIRST GATE, CATCHING THE WAND JUST ABOVE THE ANKLES.

THOSE OF YOU IN THE CLEVELAND METROPOLITAN SKI COUNCIL RACES NEXT WEEKEND SHOULD PRACTICE THIS.

NEXT WEEK:

SHORTSWING by Chris Rounds



Just my size!

There was a time when the LENGTH OF SKIS you purchase was in relation to your height. This is not so anymore.

If you are a beginning skier, you will find you will have more fun and learn to ski quicker if you purchase skis that are around five feet long, say, 150 to 160 centimeters.

It doesn't make any difference if you are six feet three-inches tall, all the TURNING POWER is in the lower part of your body.

Soon, there will be a manual published on American International Short Ski System. This, I believe, will be the new accepted method. It involves short skis, starting with four footers and working up.

The new system will make use of the basic snowplow, eliminate the stem turn and go right to the basic stem christie. It will recommend a slightly-open stance - not wide track - all the way through the final form. It is a solid effective way to ski.

Of course, if you are a downhill racer and more concerned with speed than just enjoyable skiing, then you will look for the longer skis. However, through the first few years, purchase a shorter length ski.





By BERT FISCHER

With advancement of teaching methods
SNOW PLOW and SNOW

PLOW TURNS are receiving less emphasis. Both are important to the beginner for control but it isn't recommended that you stay at this level long.

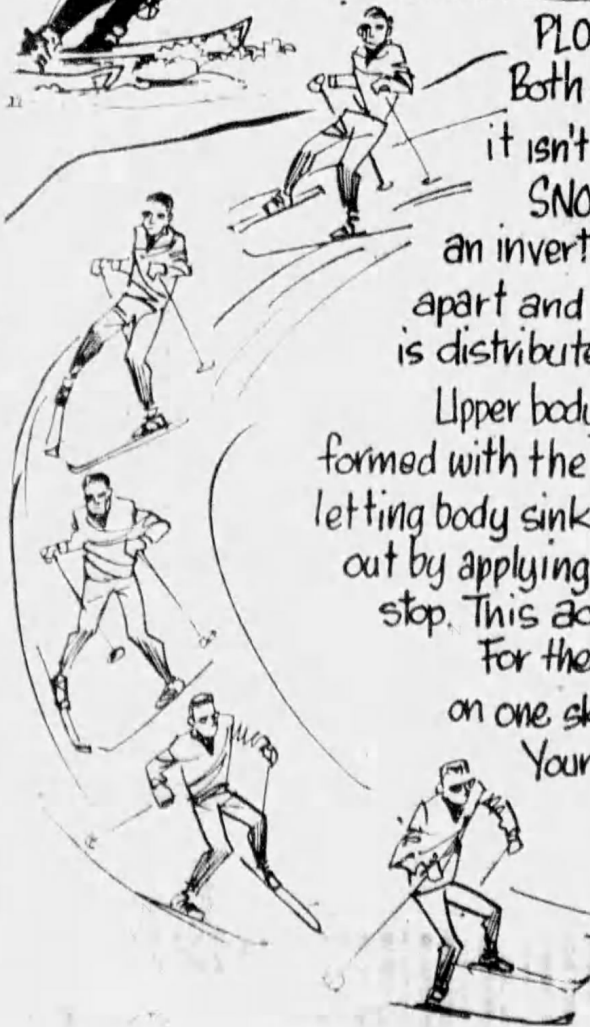
SNOW PLOW is formed as skis are positioned in an inverted V. The tips are two-or-three inches apart and tails forming the open end of the V. Weight is distributed equally over both skis.

Upper body basically is used for balance. The position is formed with the knees bent slightly and pushed forward. By letting body sink slightly in between skis, and pushing feet out by applying heel thrust to widen V, you will come to a stop. This action sets the inside edges.

For the SNOW PLOW TURN, simply place more weight on one ski, which makes it the outside ski of the turn.

Your weight is transferred to outside ski by bending over it with upper body.

Keep knees and hips centered over V during turn. Once turn is completed, rise until entire body once again is centered over skis in basic snow plow.



The Plain Dealer, Friday December 17, 1971



By FRIEDA GERDIN
SKI SCHOOL DIRECTOR
MONT CHALET

Children always have a lot of fun skiing, even at the early ages of four and five. They can learn easily because they are not afraid and generally imitate actions of others.

The biggest problem with most children is bending the knees and keeping them apart while they are skiing and making turns.

The knees are more important than ever and they can accomplish the necessary moves by trying to KNEEL on the skis and POINT THE KNEES toward the tips of the skis.

This will prevent them from sitting on their heels. The tips will not cross and they can keep moving smoothly. The hands also should be kept in front, where they can see them.

Make certain the youngsters are dressed warmly and appropriately. Ski boots should fit well. Let them wear leather gloves or mittens, and PLEASE, do not dress them with bulky clothes.

From all ski instructors who participate in the Guest Pro Series, we wish you a very MERRY CHRISTMAS.





A good TRAVERSE position is important in becoming a smooth skier. Recent developments in ski technique now advocate a more natural position over the skis, and less angulation than before.

The traverse provides a link between used for more refined skiing. in the traverse, but the knees and

As you traverse



turns and is the platform You learn to secure the edges hips must be in proper position.

across the face of slope, move the UPHILL SKI AHEAD a few inches. This also moves the ankle, Knee, hip and shoulder on the uphill side ahead slightly, too.

Press knees forward and into the hill. The weight basically should be on the downhill ski. The steeper the slope, the more secure the edges must be, which means you must move the knees more into the hill.





With short courses in the midwest, there are several important facts for JUNIOR RACERS to remember.

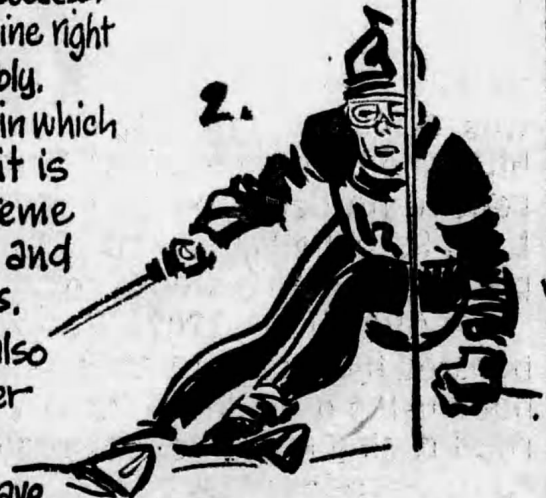
First of all, accelerate as soon as possible in the course, utilizing your abilities. For example, if you have quick feet, a skating method of acceleration would be excellent, as in first illustration. If you have a strong upper body, maybe you can accelerate faster with more poling action.

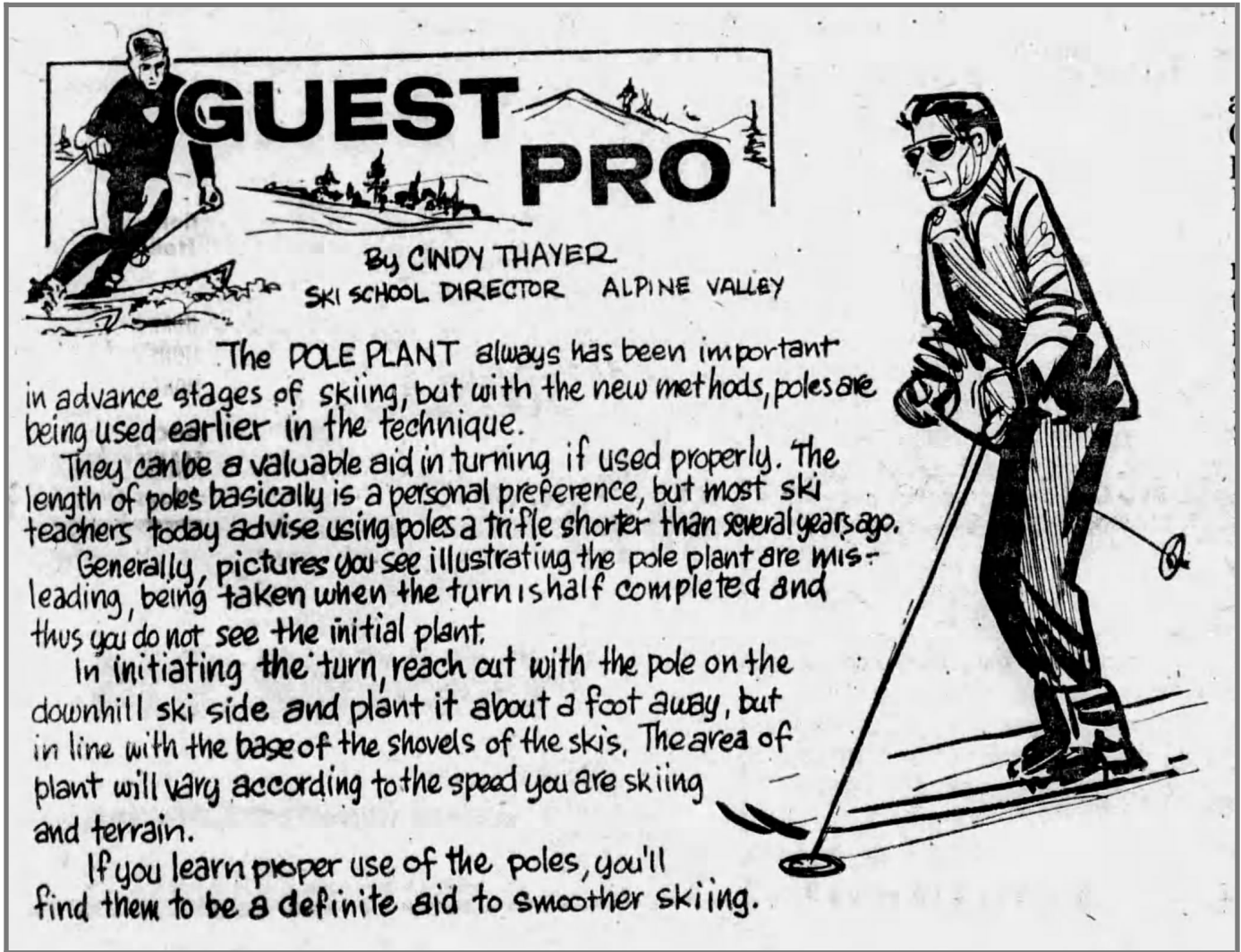
Getting best possible line to first gate can spell success. Too often, junior racers lose time by taking the wrong line right at the start. Knowing the course can also help considerably.

Midwest course often have fall-away turns, those in which the terrain pitches in the opposite way. In this case it is extremely important to start turn early, with extreme edge set to prevent skis from slipping too far down and out of turn. This is the tendency on fall-away turns.

A lazy attitude going into a fall away turn also can prove costly, because it will give you larger radius and mean loss of time.

Aggressiveness will allow you to hold the line and save valuable time, such as racer is doing the second illustration.





GUEST PRO

By CINDY THAYER
SKI SCHOOL DIRECTOR ALPINE VALLEY

The POLE PLANT always has been important in advance stages of skiing, but with the new methods, poles are being used earlier in the technique.

They can be a valuable aid in turning if used properly. The length of poles basically is a personal preference, but most ski teachers today advise using poles a trifle shorter than several years ago.

Generally, pictures you see illustrating the pole plant are misleading, being taken when the turn is half completed and thus you do not see the initial plant.

In initiating the turn, reach out with the pole on the downhill ski side and plant it about a foot away, but in line with the base of the shovels of the skis. The area of plant will vary according to the speed you are skiing and terrain.

If you learn proper use of the poles, you'll find them to be a definite aid to smoother skiing.



13, who has skied since she

By KEN SCHMIDT
BOSTON MILLS INSTRUCTOR

The purpose of the STEM CHRISTIE is to give you the first turns at higher speeds. Until this time, the snow plow and stem turns have been on gentler slopes and with less speed.

Now, you'll start looking down steeper terrain and you'll need to make the high speed turns.

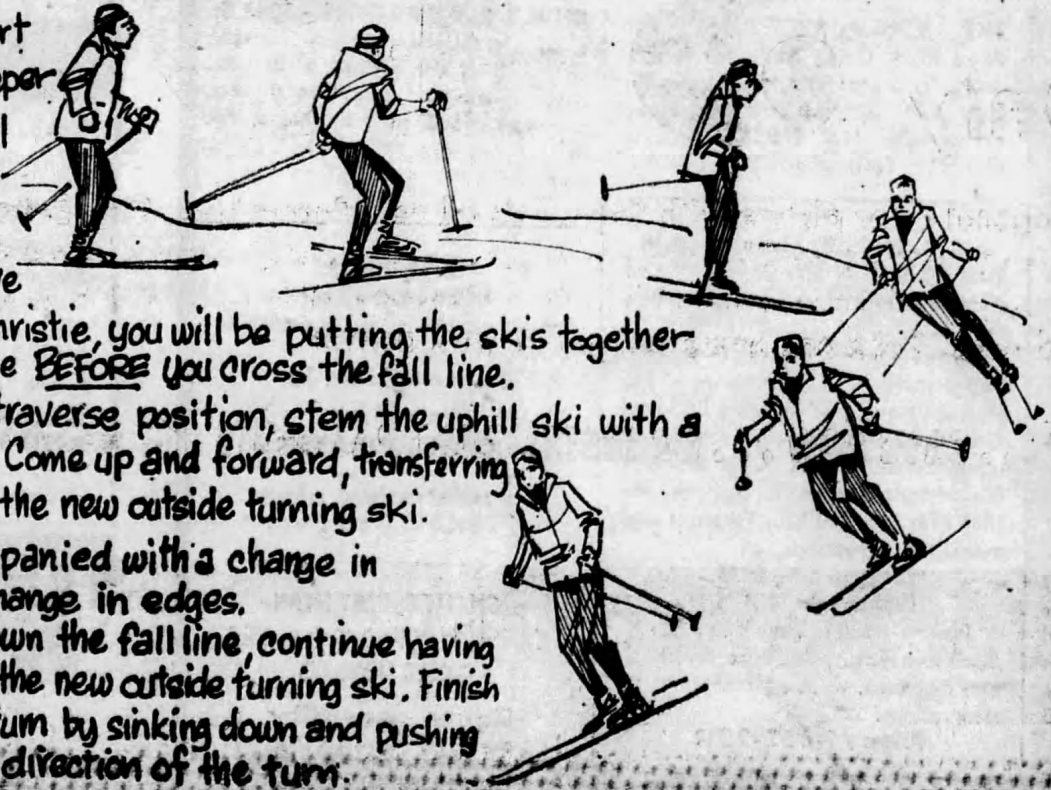
When you move into the stem christie, you will be putting the skis together for the first time BEFORE you cross the fall line.

From a good traverse position, stem the uphill ski with a sinking motion. Come up and forward, transferring the weight onto the new outside turning ski.

This is also accompanied with a change in lead ski and change in edges.

As you start down the fall line, continue having angulation over the new outside turning ski. Finish the arc of the turn by sinking down and pushing the knees in the direction of the turn.

After completing the arc of the turn, rise into the new traverse position.



16—The Plain Dealer, Friday February 4, 1972