

SKI
with STYLE

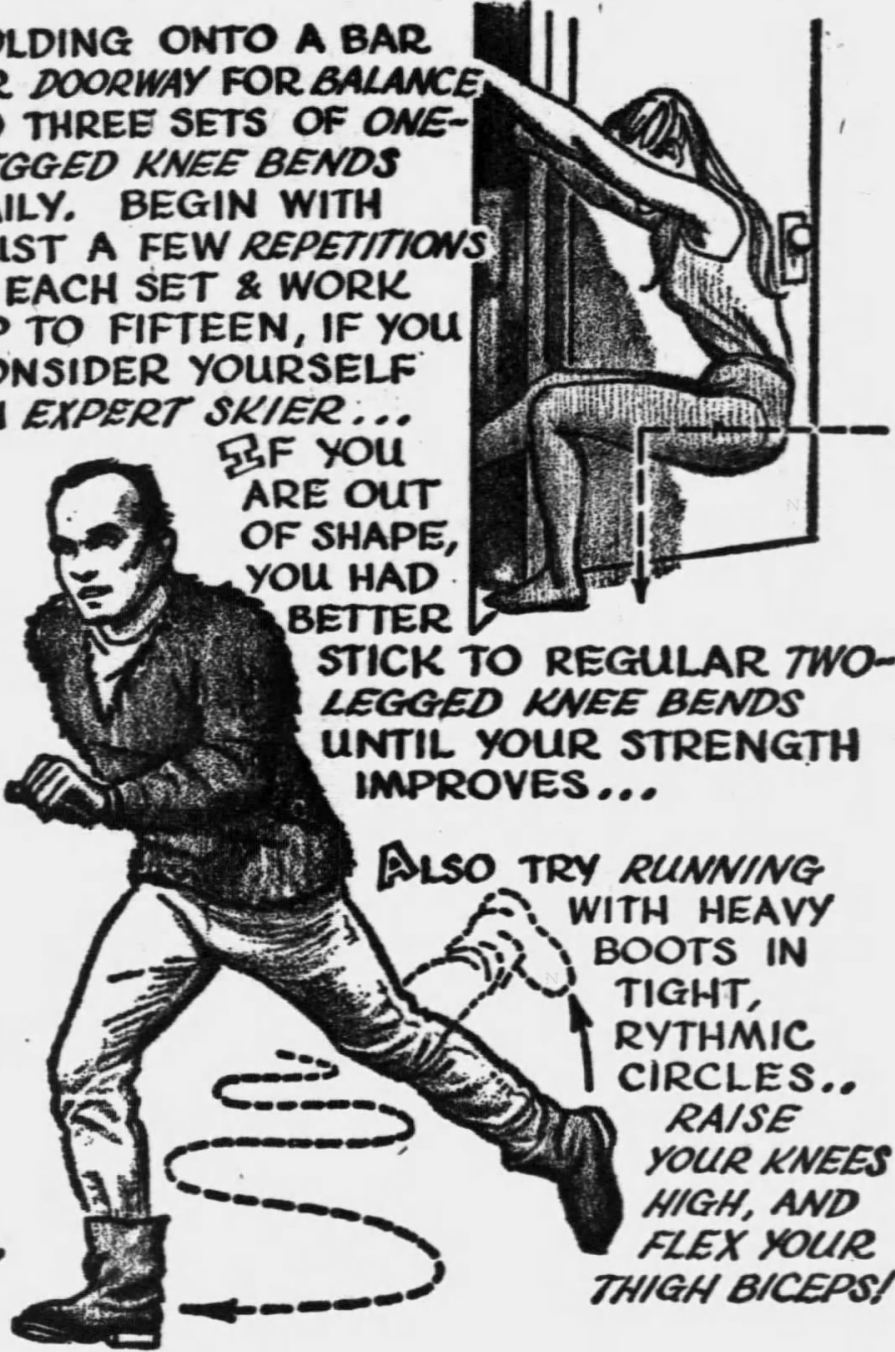
by **FRANK COVINO**
SKI INSTRUCTOR-ARTIST

HOLDING ONTO A BAR OR DOORWAY FOR BALANCE DO THREE SETS OF ONE-LEGGED KNEE BENDS DAILY. BEGIN WITH JUST A FEW REPETITIONS IN EACH SET & WORK UP TO FIFTEEN, IF YOU CONSIDER YOURSELF AN EXPERT SKIER...

IF YOU ARE OUT OF SHAPE, YOU HAD BETTER STICK TO REGULAR TWO-LEGGED KNEE BENDS UNTIL YOUR STRENGTH IMPROVES...

ALSO TRY RUNNING WITH HEAVY BOOTS IN TIGHT, RYTHMIC CIRCLES.. RAISE YOUR KNEES HIGH, AND FLEX YOUR THIGH BICEPS!

PRE*SEASON EXERCISES 1



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HERE ARE TWO YOU CAN DO ON A BED ...
FOR STRENGTHENING THE LOWER ABDOMEN
SO YOUR SKIS WILL SEEM LIKE FEATHERS,
TRY LEG RAISES LIKE I'M
DEMONSTRATING ... ALSO
SHOWN IS A TWISTING
SIT-UP (TOUCH CHIN
ALTERNATELY TO
EACH KNEE.



DO THREE SETS OF AS
MANY AS YOU CAN DAILY!

Frank Covino

PRE*SEASON EXERCISES 3

11-10

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THE FIRST PURCHASE SHOULD BE A GOOD PAIR OF BOOTS! BUCKLE-BOOTS' ADVANTAGES HAVE FINALLY SURPASSED THE FLAWS. BUY A REPUTABLE BRAND NAME & DON'T SKIMP ON THIS ITEM!

CORRECT HEIGHT OF SKIS IS SHOWN. NOTE: HEIGHT OF POLES SHOULD REACH ARMPIT, POINT OF POLE ON GROUND!

FINALLY, AN INVESTMENT IN A GOOD PAIR OF RELEASE BINDINGS MAY SAVE YOUR LEGS IN A BAD FALL!

THIS COLUMN WILL ALSO PROVE TO BE AN IMPORTANT PIECE OF YOUR BASIC EQUIPMENT!

BASIC EQUIPMENT TIPS



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I HAVE SEEN POOR SKIING FORM THE DIRECT RESULT OF IMPROPER BINDING PLACEMENT. A BINDING PLACED TOO FAR FORWARD WILL CAUSE YOU TO SIT BACK, PLACED TOO FAR BACK... YOU WILL LEAN FORWARD EXCESSIVELY!

MEASURE YOUR SKIS FROM TIP TO TAIL & FIND THE EXACT CENTER. IF YOUR BOOT IS SIZE NINE, YOUR TOE SHOULD BE SET RIGHT ON THIS CENTER LINE...



... SIZE TEN: ONE HALF INCH IN FRONT OF CENTER... SIZE ELEVEN: ONE INCH IN FRONT... ETC, FOR A SIZE EIGHT BOOT, PLACE TOE ONE QUARTER INCH BEHIND CENTER LINE... SIZE SEVEN, ONE HALF INCH BEHIND... SIZE SIX: THREE QUARTERS OF AN INCH BEHIND, ETC. SLALOM RACERS ADVANCE THEIR TOE PLACEMENT TO STAY ON THEIR TIPS, WHILE DOWNHILL RACERS GET MORE SPEED FROM SETTING THEIR BINDINGS BACK BEYOND THE LINES

I HAVE RECOMMENDED FOR AVERAGE SKIERS

BINDING TOE - PLACEMENTS

Frank Covino

11-25

SKI *by FRANK COVINO*
with STYLE *SKI INSTRUCTOR-ARTIST*

WHEREVER A GOOD SKI SCHOOL FUNCTIONS,
THESE SIX CLASSES WILL BE OFFERED...

- A** BEGINNERS ...
STRAIGHT SNOWPLOW
& SNOWPLOW STOP
- B** SNOWPLOW TURNS
& TRAVERSING
- C** STEM TURN
OR SNOWPLOW
CHRISTIE ... SIDE SLIP
AND UPHILL~ CHRISTIE
- D** BEGINNING & ADVANCED
STEM-CHRISTIE
- E** BEGINNING &
ADVANCED
PARALLEL TURNS
- F** WEDELN &
SHORT SWING



JOIN YOUR
PROPER CLASS.
YOUR WHOLE GROUP
MAY SUFFER IF YOU
OVER-RATE YOURSELF!

LEARN GRADUALLY & YOU'LL DEVELOP QUICKLY.

**THE INTERNATIONAL
CLASS SYSTEM**

8425

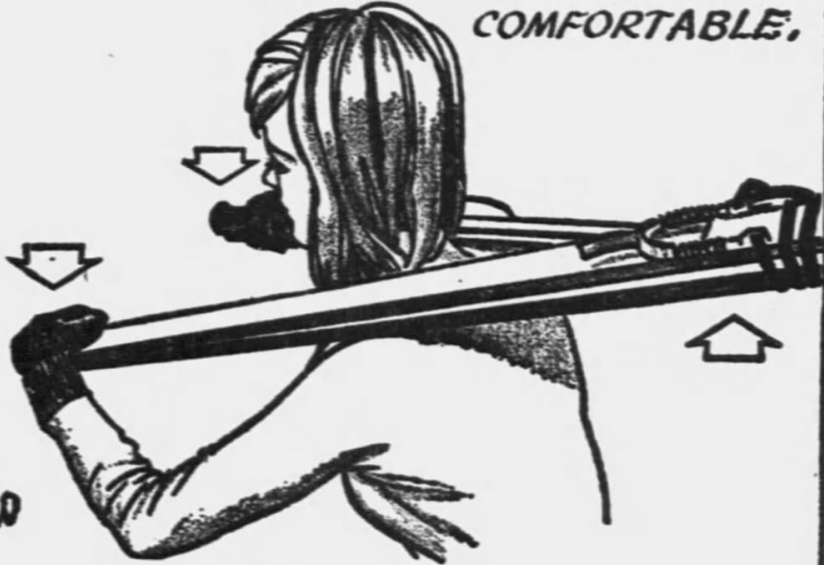
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PLACE ONE HAND ON BINDINGS, OTHER HAND LOW. LIFT SKIS AND PLACE ON SHOULDER. BE SURE THAT THE BINDING HARDWARE IS BEHIND YOUR SHOULDER, NOTE IN SKETCH HOW DOWN-PRESSURE OF SKIER'S LEFT HAND ALLOWS TIPS TO RIDE HIGH!

SOME OF THE PRESSURE CAN BE TAKEN OFF YOUR SKI-CARRYING SHOULDER BY CROSSING SKI POLES BENEATH YOUR SKIS & PRESSING DOWN WITH BOTH HANDS UNTIL COMFORTABLE.



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CARRYING CORRECTLY

#30

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**POLE BASKETS
BEHIND!**

**DON'T
HUNCH
YOUR
BACK..**

**DON'T
SIT
BACK!**

**KEEP
WEIGHT
EQUAL
ON BOTH
SKIS!**

**PUNCH
YOUR KNEES
FORWARD!**

Frank Covino

**PRACTICE POSITION ON FLAT GROUND
FIRST, THEN, A SLIGHTLY GRADED SLOPE
THAT RISES AT THE END OF YOUR RUN,
SO YOU'LL STOP AUTOMATICALLY...
MAINTAIN SLIGHT FLEX OF WAIST, KNEES
AND ANKLES... KEEPING BODY
PERPENDICULAR TO GRADE OF SLOPE
AT ALL TIMES!**

DOWNHILL... FIRST RUN !

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A QUICKER, THOUGH MORE STRENUOUS, WAY TO CLIMB IS WITH THE HERRINGBONE STEP, NAMED FOR THE MARKS LEFT BY SKIS IN THE SNOW.

LEFT SKI IS MOVED FORWARD WITH *RIGHT* POLE, LEFT POLE WITH *RIGHT SKI*, ETC.

WALK ON THE INSIDE EDGES OF YOUR SKIS, TO CREATE A PLATFORM OF SNOW UNDER EACH SKI THAT WILL RESIST THE GRAVITATIONAL PULL AND PREVENT YOU FROM SLIPPING BACK!

CLIMBING (2)

12-14

A black and white illustration of a skier in a herringbone step position, viewed from the side. The skier is wearing a dark, textured jacket, light-colored pants, and ski boots. They are holding ski poles and are in the middle of a step, with their left leg forward and right leg back. The skis are angled away from each other, creating a herringbone pattern in the snow. The background is plain white.



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ON A GENTLE SLOPE, BEGIN A SLOW DESCENT IN EDGED SNOW-PLOW POSITION. WHEN SPRING UP, FLATTEN SKIS & CLAP BOOTS TOGETHER, ONE BOOT SLIGHTLY ADVANCED. IMMEDIATELY FLEX ANKLES AND PUNCH KNEES DOWN TOWARD SKI TIPS...

RIDE WITH SKIS PARALLEL FOR A WHILE, THEN SPRING UP AS YOU SPREAD TAILS INTO SNOWPLOW POSITION AGAIN. PRESS KNEES TOWARD TIPS AND KEEP SKIS EQUALLY WEIGHTED. NOW REPEAT SEVERAL...

Frank, Covino

THE SNOWPLOW*CHANGE-UP*

12-19



