

# WORKSHOP SNOWBOARD

Authors: Teo Ivancic, Miha Andoljsek

## GET USED TO THE HEAVY METAL

Snowboarding without heavy metal is not snowboarding any more. If you want to be a true snowboarder, you have to get used to the heavy metal. It is not an option any more, it is necessity. So, don't wait for the right moment and just do it. Explore endless options of slides on rails. Use your head and do it in the safest possible way - step by step. You can be a jib master in no time. The focus in our workshop will be on basic principles and basic tricks (optional hardertricks).

### Main topics;

We will try to give you an answer to the question: **How to hop on rail and slide it with fun and enjoyment?**



INTERSKI2015  
**TEAM**  
SLOVENIA

## PROGRAMME

- SNOW SHOW** / Tuesday, 8th SEP 2015 at 9.30, Demo slope
- WORKSHOP** / Tuesday, 8th SEP 2015 at 11.30, Demo slope
- MAIN LECTURE** / Thursday, 10th SEP 2015 at 17.30,  
Hotel Cap Polonio, Av. St Martin 746
- MOVIE PREMIERE** / Wednesday, 9th SEP 2015 at 19.30  
Conference hall

**DON'T MISS IT!**

# WORKSHOP Telemark

Author: Urban Simcic

## FREE HEEL - FILL FREE

The original free heel skiing of the past has evolved into the modern art of telemark skiing. Slovenian Telemark Team is known for its sturdines, inovation and great results on the worldcup circuit. Take part in future of this traditional sport.

### Main topics;

Technique for effortless progression, ultimate feel/fun in free heel carving, use of the modern safety equipment and much more.



SLOVENIAN SKIING AGENTS  
**AVIEW TO A SKILL**



INNOVATING THE WORLD





### WORKSHOP

# Alpine

## Toma Šegula, Sandi MUROVEC DEVELOPING SKILLS OF YOUNG RACERS

Slovenia is one of the few countries where the National Demo Team members have been working together with competitors (especially noteworthy is their cooperation with the World Cup competitors). This (over the last seasons it is also present in other teams) strengthens the importance of a Demo team members even in the process of young competitors' training. The integration of Demo team members in the work of ski trainers is virtually essential, especially in terms of analysis, control and ultimately the advancement of basic technical skills of young competitors.

### Main topics;

Slovenian demo team members will present the bases of training techniques in Alpine skiing, which should be included in the basic preparation of every young athlete. Alpine race training programme is based on the acquisition of technical knowledge with the use of various teaching aids and methodological procedures. These primarily enhance the diversity and effects of training, consequently enhancing the motor scheme and raise the level of motor and sensory knowledge of young racers. The contents of training are therefore interesting from several points of view and are definitely something special. They will be presented in a way so that instructors, trainers and consequently competitors will definitely benefit from them.



Slovenia will also present the most recent and special movie THE EDGE! Movie talks about NEW methodology of training - from absolute beginners to World cup racers. Tina MAZE, double Olympic champion and World cup overall winner shares her own experience! **DON'T MISS IT!**

### MAIN

# Lecture

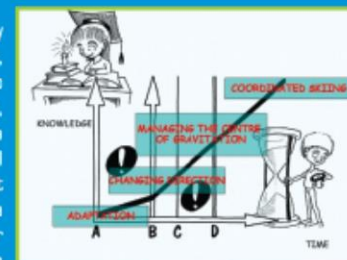
## Rado Pišot, Tomaz Šegula, Milan Žvan, Blaž Lešnik BASIC STEPS AND SPATIAL-TEMPORAL DIMENSIONS IN THE PROCESS OF SKILLS ACQUISITION IN ALPINE SKIING

Ski instruction is a cognitive process in which the learner acquire new skills and thus enrich their motor memory while simultaneously developing the corresponding motor skills. It is a process-taking place along certain stages – logically super-structured milestones on the path to skiing ability. The sequence of the acquisition of these stages has a particular importance in learning to ski independently of the tradition or specifics of the ski schools all around the world.

Following the familiarization with the new environment, equipment and surface, the child gradually gains the feel for moving in this environment.

Based on numerous experiences is followed by gaining the feel for changing direction (a turn) and with that a transition across the fall line. In this phase, an accentuated loading of one ski throughout the turn usually carries out this transition. In the next stage, the individuals must learn to adjust their own center of gravity.

Managing the center of gravity by moving to a higher or lower point, and consequently being able to unload skis at the appropriate time, is a very demanding task for a beginner. It is not until the individual has reached this level of skill that we can set our target on making a fully coordinated turn with (or without) a pole plant and on dynamic turning along wider or narrower corridors.



Based on the information received from the environment, awareness of one's own body and previous experience, the individual creates an appropriate motor response and executes it with greater or lesser competence. In motor learning as well as in exercise, training or even racing, the success of this process depends on certain important dimensions, which, in the course of a single motor action, occur in a specified sequence and provide the necessary precondition for a consistent and successful completion of the action (Pišot, Kipp, Supej, 2015).

Five dimensions; accuracy speed, timing, rhythm and softness of motor task completion are all the more important when in performing motor tasks, the individual is constantly exposed to the loss of balance (e.g., slipping) and heavily dependent on the surface (slope of the terrain, type and temperature of snow) and equipment (sidecut of the skis, quality of the ski boots, suitability of the bindings, etc.).

Dear Interski family,

It's a great honor for us to be your guest in Ushuaia. Slovenia is a country with a long tradition of skiing and excellent results in all snow sports. I am sure you've all heard for Tina Maze who is momentary one of the most successful competitors and one of the greatest world cup racers ever. Of course, we are also very proud of all other slovenian snowsports champions and Olympic medalists.

Slovenia is a small country with only two million people. We have snowy alps, beautiful sea and creative people who always look for something new and innovative. Slovenian well known ski brands as Elan, Alpina and others have always been important part of the top level results in skiing history. Let us remind you about Ingemar Stenmark, Bojan Krizaj, Mateja Svet and many others that used to ski on Elan skis. Besides, more than half of the best world cup cross country runners are using slovenian ski boots – made by Alpina!

And finally we should not forget that Slovenian Ski school and Slovenian national demonstrators have always been among the best in the world. Discovering new adventures they move boundaries of (im)possible - same as always fascinating OO7!

Therefore, be our guest and enjoy the performance about Slovenian way of modern skiing, thinking and teaching. Slovenian skiing agents innovate the ski world AGAIN and AGAIN!

Blaž Lešnik, SIAS President



I N N O V A T I N G T H E W O R L D

